



Our cover recipe

American food writer **Jennifer Joyce** shows how to master this BBQ classic – now a huge trend, complete with authentic accompaniments Photographs DAVID MUNN

Brioche buns

EASY

MAKES 16 small buns or 12 larger ones

- PREP 15 mins plus up to 3 hrs rising
- COOK 20 mins

250ml/9fl oz warm water
2 tsp dried yeast (not fast-action)
3 tbsp warm milk
2 tbsp golden caster sugar
450g/1lb strong flour, plus extra for dusting
4 tbsp unsalted butter, softened
2 large eggs, plus 1 beaten egg, for glazing
sesame seeds, for sprinkling

PER BUN (16) 163 kcals, protein 5g, carbs 22g, fat 6g, sat fat 2g, fibre 1g, sugar 3g, salt 0.3g

BBQ pulled pork

EASY

MAKES enough for 16 buns with leftovers

- PREP 10 mins ● COOK 5 hrs 10 mins

2.5kg/5lb 8oz boneless pork shoulder, skin removed
3 tbsp olive oil
2 tsp Spanish paprika (pimentón)
2 tsp mustard powder
1 tsp each garlic salt and onion salt
1 tbsp liquid smoke (optional, see p121)

TO SERVE

16 Brioche buns (see recipe, above),
Tangy cabbage slaw, Homemade chipotle molasses BBQ sauce (see recipes on p15) and sweet-and-sour pickled cucumbers from a jar, sliced

PER SERVING 251 kcals, protein 26g, carbs none, fat 16g, sat fat 5g, fibre none, sugar none, salt 0.8g



Pulled pork in brioche buns with BBQ sauce & slaw

'This American classic, originally from South Carolina, is all the rage for a good reason – it's insanely delicious. The meat is slow-cooked over a charcoal pit until it falls apart, then shredded or 'pulled' and piled onto a soft brioche bun with BBQ sauce, pickles and crisp slaw. Few of us have a fire pit or a barbecue large enough to slow-cook or smoke the meat, however it's easily done in an oven at a very low temperature'

FIRST MAKE THE BUNS

The rising time for the buns can take up to three hours, depending on the temperature of your kitchen. In a warm kitchen, rising may take only an hour.



1 Mix the warm water, yeast, warm milk and sugar in a bowl. Let it stand for 5 mins until it becomes frothy – this is how you know the yeast is working.



2 Tip the flour and 1 tsp salt into a large mixing bowl, add the butter and rub together with your fingertips until the mixture resembles fine breadcrumbs.



3 Make a well in the centre of the buttery flour and add the warm yeast mixture and the eggs.



4 Use your hands to mix it into a sticky dough – don't worry if the mixture feels a little wet at this stage, it will come together when kneading. Tip the dough out onto a floured work surface.



5 Knead the dough for 10 mins by stretching it on the work surface – it will still be very sticky at this stage but don't be tempted to add too much flour.



6 The dough is ready when it feels soft and bouncy – this means that the gluten strands have developed. Place in an oiled bowl, cover with cling film and set aside to rise for 1-3 hrs or until doubled in size.



7 Once the dough has doubled in size, knock the air out and knead again for 2 mins. The dough should be much less sticky now, but add a little flour if it needs it.



8 Divide the dough into 12-16 even pieces. Roll into balls and arrange on lined baking trays. Loosely cover with oiled cling film and leave for about 1 hr or until doubled in size again. Heat oven to 200C/180C fan/gas 6 and place a shallow baking tray at the bottom.



9 Uncover the trays, brush the buns with egg and sprinkle with sesame seeds. Pour a cup of water into a baking tray at the bottom of the oven to create steam (see Tips for success, above right). Bake for 20 mins or until golden, then leave to cool on a wire rack.

TIPS FOR SUCCESS

• You can also make the dough in a stand mixer – just follow the same method as by hand.

• Oiled hands and a dough scraper will come in handy when moving and shaping the dough.

• Adding steam to the oven keeps the buns moist while cooking, giving a softer crumb. if you prefer a crustier bun, simply leave out the cup of water.

• The buns can be made up to 1 day ahead. Once cooled, store in an airtight container until needed.

FOR THE PORK

To help the spices penetrate the meat, the skin on the pork shoulder needs to be removed before you start, but a layer of fat is fine. Ask your butcher to do this for you, or do it as soon as you start to prep the meat.



1 Heat oven to 150C/130C fan/gas 2. Rub the pork with 2 tbsp of the olive oil. Heat a large non-stick pan until very hot and sear the pork on all sides until golden brown.



2 Place the meat on a wire rack in a roasting tin. Mix the paprika, mustard powder, garlic and onion salt, and some black pepper with the liquid smoke, if using. Brush all over the meat.



3 Add 1 cup of water to the roasting tin, cover very tightly with foil and cook for 5 hrs or until almost falling apart.



4 Drain the juices from the meat into a measuring jug. Shred the pork using 2 forks, discarding the fat.



5 Skim off the fat from the juices. Mix 125ml of the juices with 4 tbsp BBQ sauce (see recipe, below) and pour over the meat. Keep warm until serving, or reheat.



6 To assemble, pile the meat into the halved brioche buns, spoon over the BBQ sauce, top with coleslaw and pickles, and sandwich together.

Homemade chipotle molasses BBQ sauce

EASY MAKES 400ml • PREP 10 mins • COOK 20 mins

Heat **1 tbsp olive oil** in a large saucepan. Add **½ finely chopped small onion** and **2 chopped garlic cloves**, and cook for 5 mins or until soft. Add **100ml apple cider vinegar**, **85g dark soft brown sugar**, **1½ tsp each mustard powder, smoked paprika and celery salt**, **2 tsp hot chilli powder**, **1 tbsp Worcestershire sauce**, **2 tsp chipotle paste**, **2 tbsp tomato purée**, **1 tbsp liquid smoke** (optional, see p121), **350ml passata** and **75ml black treacle**. Bring to the boil, turn down to simmer for 15 mins, then leave to cool.

PER TBSP 20 kcs, protein none, carbs 4g, fat none, sat fat none, fibre none, sugar 4g, salt 0.1g

Tangy cabbage slaw

EASY VIT C 1 OF 5 A DAY

MAKES enough for 12-16 buns • PREP 15 mins • NO COOK

This adds freshness and crunch to the softness of the buns and meat – a heavenly combination.

Whisk together **250ml mayonnaise**, **zest and juice 1 lemon**, **2 tbsp cider vinegar**, **2 tbsp wholegrain mustard** and **1 tsp celery salt** in a small bowl, then season generously. Add **¼ head white cabbage** and **¼ head red cabbage**, both very thinly sliced, **2 julienned carrots**, **1 large diced red onion** and **2 thinly sliced sticks celery**. Mix well and refrigerate. *Can be made up to 1 day ahead.*

PER SERVING 262 kcs, protein 2g, carbs 8g, fat 24g, sat fat 4g, fibre 3g, sugar 7g, salt 1.3g

Food styling: LIZIE HARRIS | Styling: VICTORIA ALLEN

Made the recipe?

We'd love to see your photos. Send them to the addresses on page 145.