

Classic Pulled Pork with Creamy Polenta

INGREDIENTS

FOR THE PULLED PORK

- 1 (4-7 pound) whole Boston Butt or pork shoulder (bone-in with a layer of fat)

Pulled Pork Spice Rub

- 1/3 cup brown sugar
- 2 tablespoons kosher salt
- 1 tablespoon ground cumin
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon paprika
- 1 tablespoon ground pepper
- 2 teaspoons cayenne pepper
- 2 teaspoons cinnamon

FOR THE POLENTA

- 3 cups whole milk
- 2 cups water
- 1 tablespoon olive oil
- 1 tablespoon kosher salt
- 2 cups polenta (I use [Bob's Red Mill](#) brand)
- 1/2 cup grated parmesan cheese, plus more to taste
- 4 tablespoons butter
- Freshly ground pepper, to taste

PREPARATION

1. Combine all the spice rub ingredients together in a bowl, stirring together until incorporated.
2. Using your hands, generously sprinkle the dry rub onto the surface of the pork shoulder, massaging it in so the rub adheres to the surface of the pork. Coat all sides, and make sure to get the rub in all the crooks and crannies! Put the pork shoulder into a large bowl or container, cover, and place in the fridge overnight or up to 24 hours. A note that you will likely have extra dry rub leftover... save it and use it to season any other meat you have for a future meal.
3. When you're ready to cook the pork, remove the shoulder from the fridge and place it in a slow cooker/crock pot, **making sure the layer of white fat is facing up**. Cook on Low for 8 hours (or on High for 4-5 hours), until the meat registers at least 200F and is falling off the bone.
4. Transfer the cooked pork onto a cutting board and remove (and discard) any remaining fat from the top. Pull the meat apart with two forks and place the pulled meat in a thin layer on a rimmed baking tray. Pour 1 cup of the liquid remaining in the slow cooker over the pulled pork.
5. Turn your oven broiler on high and put the tray with the pork on the top rack of your oven, watching it closely, until the pork gets nicely browned and a bit crispy, about 5 minutes.
6. **To make the polenta:** in a large saucepan, combine the milk, water, olive oil, and salt and bring to a simmer. **Be careful, as this mixture can boil-over quickly!** Reduce heat to medium-low and slowly whisk in the cornmeal, stirring constantly until it thickens, about 10-15 minutes. If the mixture becomes too thick, just add a bit more water or milk as needed. Turn the stove off and stir in the parmesan cheese, butter, and freshly ground pepper. Serve alongside the pulled pork.