

ABS RECIPE

Pulled Ham on the Bar-Be-Cube



Tip: Delicious in sandwiches, over mac and cheese, or eaten solo!



Ingredients

- 1 fully cooked bone-in ham
- Yellow mustard (enough to lightly coat the ham)
- Your favorite BBQ rub (approx. ½ cup)
- Liquid for the wrap stage (apple juice, cola, or root beer)

Preparation

- Prep the ham:
 - Pat dry with paper towels.
 - Coat with yellow mustard (skip the cut side).
 - Generously apply BBQ rub.
- Smoke (Choose Your Style):
 - *Low & Slow*: 180–200°F for 8–10 hours.
 - *Faster Cook*: 250°F for 2–4 hours.
 - Cook until internal temp is 165–170°F.
- Wrap & Tenderize:
 - Place ham in foil pan with liquid.
 - Double-wrap with heavy-duty foil.
 - Return to smoker at 300°F for 2–4 hours.
 - Cook until probe tender (200–208°F).
- Rest & Shred:
 - Rest for 30–60 minutes, still wrapped.
 - Shred and serve.