

Follow Your Bliss Catering **RECIPE PRO**

Ready to start cooking with more flavors? Here are some of our recipes to get you started.

RECIPE PRO BBQ Dry Rub by Chef Roberto Cruz

BBQ Dry Rub

Follow Your Bliss BBQ Pulled Pork

1 Pork Shoulder (Butt Roast)

2 oz. Follow Your Bliss BBQ Dry Rub (massage until well coated, rest for min. three hours)

Himalayan Pink Salt and Pepper to taste

12 oz. Apple Juice

Grill for markings and to render some of the pork fat. Only about seven minutes per side. Add to slow cooker, add apples, pineapple or tomato (for acidity and moisture, liquid smoke if desired) and apple juice. On high until meat falls apart (2 hours). Shred, add sauce and heat for 20 more minutes.

Follow Your Bliss BBQ Sauce

1 (2 oz.) Package FYB Dry Rub

6 oz. apple cider vinegar

4 oz. dark molasses

29 oz. can crushed tomato

½ onion minced

½ jalapeno minced

1 clove garlic minced

1 oz. canola oil

Bring large saucepan to medium heat. Add canola, onion (stir), jalapeno (stir), garlic (stir). Deglaze with apple cider vinegar, scraping remnants from bottom of pan, bring to simmer. Add Dry rub (stir in), then tomato (stir in), add molasses and bring to simmer. Reduce heat and let cool. Refrigerate between uses.