

Sticky Honey Hog Pork Shoulder (Pellet Grill / Traeger)

Overview

This method delivers a sticky, sweet bark with perfectly juicy pulled pork—using Meat Church Honey Hog rub, honey butter, and apple juice. It's an overnight, low-and-slow cook designed for stress-free mornings and maximum flavor. **Total cook time is roughly 12-13 hours, plus resting. Start your cook one day before you plan to serve.**

Ingredients

- **1 Bone-In Pork Shoulder (7-9 lbs)**
 - **Meat Church Honey Hog BBQ Rub**
 - **Apple Juice** (for spritz and wrapping)
 - **Honey Butter** (store-bought or homemade: softened butter + honey, 2:1 ratio)
 - **Butcher Paper (preferred)** or Foil
-

Equipment

- Pellet Grill (e.g., Traeger)
- Royal Oak pellets (80/20 blend recommended)
- Spray bottle for spritzing
- Cooler for resting



Step-by-Step Instructions

1. Prep (Evening Before)

- Trim excess fat from the pork shoulder.
- Apply a heavy coating of Honey Hog BBQ rub on all sides.
- Let sit at room temperature for ~30 minutes while your smoker comes up to temp.

SMALL-BATCH CRAFT SEASONINGS MADE IN TEXAS

HONEY HOG



Meat Church
BBQ

APPLY LIBERALLY TO MEAT OR VEGETABLES. LET ADHERE AT LEAST
15 MINUTES BEFORE COOKING.

MSG & GLUTEN FREE

Net Wt. 12.5 OZ. (354.37g)

2. The Overnight Smoke

- **Preheat pellet grill to 165°F.**
- Place the pork shoulder directly on the grate, fat cap up.
- Smoke **unwrapped for 5 hours** (midnight to 5am is ideal).



3. Morning Routine

- At the 5-hour mark, start **spritzing with apple juice** every hour.
- Increase smoker temp to **225°F**.
- Continue cooking until the internal temp of the pork reaches **170°F** (bark should be set, deep, and sticky).



4. Wrapping

- Lay out butcher paper (or foil).
- Place the pork shoulder on the paper.
- **Add 2-3 tablespoons of honey butter and a small drizzle of apple juice** on top of the pork.
- Wrap tightly.



5. Finish at Higher Heat

- Return the wrapped pork to the smoker.
- Increase temp to **275°F**.
- Cook until the pork reaches **205°F internal temp** and is probe-tender.



6. Resting

- Remove from smoker and place (still wrapped) in a cooler or warm oven.
- Rest for **at least 1 hour**, up to 4 hours.

7. Serving

- Unwrap and pull the pork (discard bone).
- Mix in the buttery juices from the wrap for extra flavor.
- Serve as is, or with buns, slaw, and your favorite BBQ sauce.





Tips & Notes

- **Total Cook & Rest Time:**
Plan for **12-13 hours cook time**, plus 1-4 hours resting.
Start your cook one day before you plan to serve for best results and no stress.
- **Spritzing:** Don't oversaturate; just lightly mist the surface.
- **Bark:** If the bark softens too much after wrapping, crack open the paper for the last 20 min of cook time to firm it up.
- **Resting:** Don't skip the rest! This makes a huge difference in moisture and tenderness.

Summary Timeline

Time	Step
Midnight	Pork on at 165°F (unwrapped)
5:00am	Start spritzing, raise to 225°F
~8-9am	Wrap at 170°F internal
~10-11am	Raise to 275°F, finish at 205°F
~Noon	Rest in cooler (1-4 hours)
~Lunch	Pull and serve

Adjust based on shoulder size and smoker performance.

Optional Finishing Sauce

Mix equal parts honey and apple juice, add a splash of cider vinegar and a pinch of salt. Warm and drizzle over pulled pork for extra gloss and flavor.

Enjoy your championship-level pulled pork!