

Pulled Buffalo Barbecue

Ingredients:

1 - 3 pounds Chuck Roast, twine removed, rinsed & patted dry

1 tablespoon olive oil

1 teaspoon salt

1 teaspoon black pepper

2 cups organic Apple Cider, warmed

Directions:

Pre-heat oven to 500 degrees.

Mix 1 tablespoon olive oil with salt and pepper, in Dutch oven or heavy pan.

Place roast in pan and roll around in seasoning, rubbing into meat.

Place roast in hot oven uncovered and roast for 15 minutes.

Add warmed Apple Cider, cover pot tightly and lower temperature to 350 degrees.

Braise Buffalo Roast for 2 ½ hours turning once during braising time.

Roast is finished cooking when meat is tender.

You should be able to pull the meat apart using 2 forks, (continue braising for another ½ hour if this isn't the case).

Remove from heat, let roast rest at room temperature, covered for 1 hour, or until you are able to handle.

Remove roast from pot and place on cutting board. Reserve pan juices. Using two forks or hands pull meat apart into manageable pieces and then pull apart into smaller pieces or shred.

Return meat to 1 cup of pan juices.

Add 1 cup Doc Sauce, or desired amount, and stir to incorporate.

Bring to full heat, adding in more pan juices or Doc Sauce as desired. Reduce heat to simmer.



For more inspiring recipes visit us at: www.docsauce.com