

Smoked Pulled Ham with Hickory Rub, Pineapple Nectar and Brown Sugar Braise

Prep: 15 minutes active (plus 15 minutes seasoning rest) • Cook: 4 to 12 hours depending on smoker temperature

A double-smoked holiday ham transformed into ultra-tender pulled pork—sweet, salty and deeply smoky—finished with a pineapple-brown sugar braise that amplifies bark and juiciness.

Ingredients

- 1 (8–10 lb) bone-in smoked ham (not spiral cut)
- as needed Meat Church Hickory All-Purpose Seasoning (or The Gospel, Honey Hog, or Texas Sugar)
- 6 oz pineapple nectar
- 3 Tbsp brown sugar
- to taste BBQ sauce (optional)
- as needed sweet rolls (optional, for serving)

Instructions

1. Preheat smoker to 195°F using hickory (or pecan, maple, alder, or fruit wood).
2. Remove the bone-in smoked ham from its packaging; do not pat dry so surface moisture helps seasoning adhere.
3. Season ham all over generously with Meat Church Hickory All-Purpose (or The Gospel, Honey Hog, or Texas Sugar). Let sit 15 minutes to adhere.
4. Place ham directly on the smoker grates at 195°F and smoke until internal temperature reaches about 165°F and bark is well developed. (Alternatively, run the smoker at 250°F to shorten the initial smoke to about 4 hours.)
5. When the ham hits ~165°F or desired bark, transfer it to a 1/2-size disposable steam pan (or set on 2 layers of heavy-duty foil).
6. Pour 6 oz pineapple nectar into the pan as a braising liquid and sprinkle 3 Tbsp brown sugar over the ham.
7. Cover the pan tightly with heavy-duty foil, return to the smoker, and increase smoker temperature to 300°F.
8. Continue cooking until the ham is probe-tender and exceeds 203°F internal temperature.
9. Remove from smoker, uncover, and reserve the pan juices.
10. With insulated gloves, pull and shred the ham, discarding excess fat and the bone.
11. Moisten the shredded ham with reserved pan juices to taste, tossing to evenly coat.
12. Optional: Toss with your favorite BBQ sauce (e.g., Meat Church Holy Cola) for a BBQ profile.
13. Serve on sweet rolls or as desired and enjoy.

Tags: Pork, Smoked, BBQ, Holiday, Pulled Meat, Ham

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