

Smart Stuff

with Twig Walkingstick



THE OHIO STATE UNIVERSITY
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EXTENSION
OHIO AGRICULTURAL RESEARCH
AND DEVELOPMENT CENTER

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Notes: Download the *Ohio 4-H Family Guide* at <http://www.ohio4h.org/familyguide/>. It lists all the Ohio 4-H project books there are and tells you what they're about (plants, animals, gardening, you name it). Two good pig books you might want to read if you're so inclined, and if you're not that's cool too of course, are *Living with Pigs: Everything You Need to Know to Raise Your Own Porkers* by Chuck Wooster (2008) and *Pig Perfect: Encounters with Remarkable Swine and Some Great Ways to Cook Them* by Peter Kaminsky (2005). Unlike this, they're written more for grown-ups. But they're fun to read and interesting anyway. ("Unlike this.") (Who said that?) ("Snort snort snort.")

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Q. Dear Twig: Why do they call it pulled pork?

A. Because the meat, after cooking it, comes off of the bone and apart very easily. So easily, in fact, that you don't have to cut it, you can pull it apart if you want to. Add "pork" (meat from a pig) to the state of being pullable and in fact having just been "pulled," and, yep, you get "pulled pork." Not counting that you might or might not eat meat and might or might not eat pork, pulled or not.

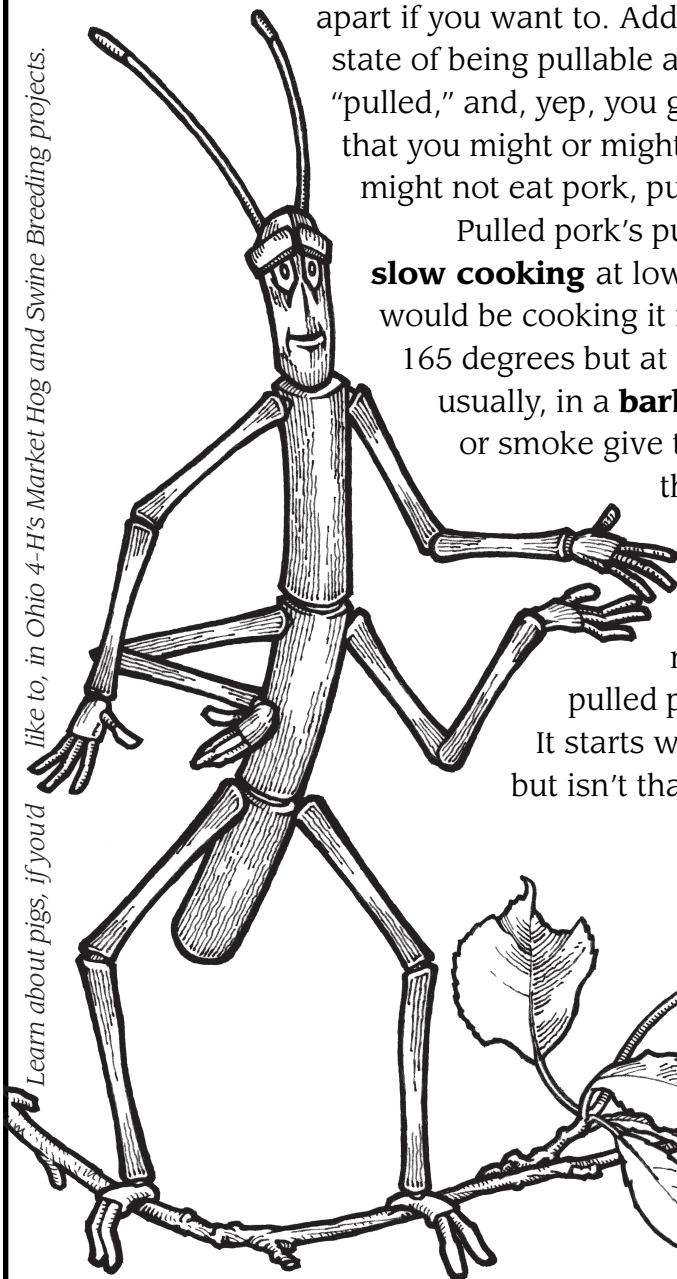
Pulled pork's pullability comes from **long, slow cooking** at lowish temperatures. An example would be cooking it for, say, 12 hours at at least 165 degrees but at less than, say, 195. You do this, usually, in a **barbecue**. Fire, wood, coals and/or smoke give the heat. The process melts off the fat. And also it breaks down the **collagen**, tough connective tissue.

Next: But what's the name of the part of the pig that pulled pork actually comes from? Hint: It starts with a *b* and ends with two *t*'s — but isn't that at all. Which is nice.

Pully,

Twig

Learn about pigs, if you'd like to, in Ohio 4-H's Market Hog and Swine Breeding projects.



From your scientific friends at The Ohio State University — specifically, the Ohio Agricultural Research and Development Center (www.oardc.ohio-state.edu) and OSU Extension (extension.osu.edu).