

R U B S

When rubbing meat, first rub olive oil over entire meat portion to coat lightly.

Spread Rub on piece of waxed paper, shaking paper lightly to spread rub evenly.

Press meat into rub to coat evenly.

South Western

1 Tbsp Onion powder 15ml

1 Tbsp Chilli powder 15ml

2 tsp Garlic salt 10ml

1 Tbsp Crushed Oregano 15ml

1 Tbsp Ground cumin 15ml

2 tsp Rst Garlic & Rd pepper 10ml

Savoury Rub

2 Tbsp Ground thyme 30ml

1 Tbsp crushed Rosemary

2 tsp Ground sage 10ml

2 tsp salt 10ml

2 tsp pepper 10ml

2 tsp Rst Garlic & Rd pepper 10ml

Marinated Beef Rub

1 Tbsp Garlic powder 15ml

1 Tbsp ground pickling spice 15ml

½ tsp Paprika 3ml

1 Tbsp Rsted Garlic & Rd Pep Spice 15ml

****Chefs note***

Almost any spice recipe for salads can be used with meats.

And almost any salad dressing can be used in a marinade!

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Herbed Super Beef

2 Tbsp Dried thyme 30ml

1 Tbsp Dried tarragon 15ml

1 Tbsp Garlic Powder 15ml

1 1/2 Tbsp Onion powder 25ml

2 tsp Pepper 10ml

1 tsp salt 5ml

2 Tbsp Parsley flakes 30ml

Mardi Gras

1 Tbsp Garlic salt 15ml

1 Tbsp Curry powder 15ml

1 Tbsp Paprika 15ml

1 Tsp Cayenne pepper 15ml

Lemon Pepper Rub

1 Tbsp Dried lemon peel 15ml

1 Tbsp Garlic powder 15ml

1 Tbsp Lemon pepper 15ml

2 tsp Dried sweet basil 10ml

Simple Herb and Spice

2 Tbsp Crushed Parsley flakes 30ml

2 tsp Paprika 10ml

2 tsp Garlic powder 10ml

1/2 tsp Pepper 3 ml