



DELICIOUS AND READY TO USE

SPICE * RUB

FOR MEAT, POULTRY, AND FISH



Recipe } DELICIOUS SPICE RUB

INGREDIENTS

- 1/3 cup coarse salt
- 1/4 cup packed light-brown sugar
- 1/4 cup paprika
- 2 tbs. ground black pepper
- 2 tbs. dried oregano
- 2 tbs. dried thyme leaves
- 1 tbs. dried parsley (optional but adds lovely color)
- 1 tbs. cayenne pepper (optional)

METHOD

1. Combine all the ingredients in a mason jar with a lid and give it a good shake to break up the sugar and to mix all of the spices evenly. Makes 1 1/4 cups (enough to season 5 to 10 pounds)
2. Store in the airtight container for several months. Spices lose their potency over time so flavors will be stronger with fresher spice mix.

TO USE SPICE MIX

1. Rub spice mix onto uncooked meat, poultry or seafood before roasting or grilling. Apply spice mix up to a day in advance for meat and poultry, or as little as a half hour in advance for delicate fish.

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