

FLAVORFUL RUBS!



All of these rubs can keep for several months in a sealed container!

Bakers Buzzin
CHILDREN. LOVE. COOKING.

Fajita Seasoning

- 2 Tbsp Paprika
- 1 1/2 Tbsp Coarse Sea or Kosher Salt
- 1 Tbsp Chili Powder
- 1 Tbsp Black Pepper
- 1 Tbsp Garlic Powder
- 1/2 Tbsp Granulated Sugar
- 1/2 Tbsp Onion Powder
- 1/2 Tbsp Cilantro
- 1 tsp Cumin
- 1/4 tsp Allspice

(Makes 1/2 Cup)

Use on fajita steaks (flat iron, skirt, etc.), chicken, shrimp, or pork Add cayenne pepper if you like a spicy rub!

Spicy Steak Rub

- 2 Tbsp Coarse Sea or Kosher Salt
- 2 Tbsp Black Pepper
- 1 Tbsp Paprika
- 1 Tbsp Chili Powder
- 1/2 Tbsp Cayenne Pepper
- 1/2 Tbsp Garlic Powder
- 1/2 tsp cumin
- 1 tsp Oregano

(Makes 1/2 Cup)

This one's spicy! Use more sparingly but notice there's no sugar! Great for better steaks and beef cuts.

Rules of the Road!

- A good rub is sweet, spicy, earthy and flavorful
- A general rule is 2-4 teaspoons of rub per pound of meat.
- Sprinkling a rub is just ok. It will flavor the outside but marinating will have a more rounded flavor.
- Marinate:
 - Small foods like shrimp 10-20 mins.
 - Thin cuts, chicken breast, fish 30-90 mins
 - Thicker cuts, steaks and chops 1-3 hours
 - Large cuts, ribs, whole chickens 4-12 hours
 - Very large tough cuts, turkey, brisket, pork shoulder, ham 12-24 hours

All American Basic Rub

- 1 Tbsp coarse sea or kosher salt
- 3 Tbsp Brown Sugar
- 2 Tbsp Paprika
- 1 1/2 Tbsp Black Pepper
- 1 1/2 tsp Garlic Powder
- 1 1/2 tsp Onion Powder
- 1/4 - 1/2 tsp Cayenne Pepper

(Makes 1/2 Cup)

Use on Chicken, pork, beef or fish