



Rubs and Marinades

Dry Rubs for Beef

Combine these ingredients and sprinkle over a steak, then lightly rub into the meat. These recipes yield approximately two 12 oz. steaks or a double recipe for a three pound roast.

- Orleans Pepper
1/2 tsp ground red pepper, 1/2 tsp ground white pepper, 1/4 tsp black pepper, 1/2 tsp onion powder 1/4 tsp salt
- Lemon Kick
1 tsp lemon pepper, 3/4 tsp seasoned salt, 1/4 tsp garlic powder
- Herb Bouquet
1/4 tsp coarsely ground black pepper, 1/2 tsp dried mustard, 1/2 tsp dried rosemary, crushed 3/4 tsp dried oregano leaves, 3/4 tsp dried thyme
- Tex Mex
1 tsp. chile powder, 1/2 tsp cumin, 1/4 tsp onion salt, 1/4 tsp garlic salt, 1/8 tsp ground oregano
- Cucina Italia
3/4 tsp dried oregano 3/4 tsp dried basil 1/2 tsp. garlic powder 1/2 tsp salt

Marinades

These marinades will tenderize about two pounds of steak or a three to four pound roast. To marinate, combine the ingredients, place the beef in zipper-locking plastic bag and pour the marinade over the beef. Close the bag, removing the air as you seal it. Refrigerate and marinate for 15 minutes to two hours. Extend the marinating time to a minimum of six hours to tenderize.

- Mediterranean Melody
1/3 cup olive oil, 1/3 cup lemon juice, 2 cloves garlic, crushed, 1/4 tsp salt, 1/4 tsp pepper

- Deliciously Bold
1 cup beef broth, 2 Tbsp red wine vinegar, 1 Tbsp Worcestershire sauce,
1 Tbsp vegetable oil, 1 tsp dried Italian seasoning
- Sun-kissed Marinade
1 (12 oz) can frozen orange juice concentrate, thawed 1/2 cup soy sauce,
1/2 cup light molasses or honey, 2 tsp ground ginger
- Parisian Pizzazz
1 /3 cup dry white wine, 1/2 cup Dijon-style mustard 2 Tbsp vegetable oil,
2 Tbsp lemon juice, 1 tsp dried basil

Pork Rubs

This is a good general rub for any kind of pork, but specifically for large pork cuts. It can be used on a whole hog or pork shoulders to make great Carolina Style Pulled Pork.

Prep Time: 10 minutes

Ingredients:

- 1/2 cup ground black pepper
- 1/2 cup mild chili powder
- 1/2 cup sugar
- 1/4 cup coarse salt
- 4 teaspoons dry mustard
- 2 teaspoons cayenne

Preparation:

Mix together and store in an air tight container.

This rub is perfect for all kinds of pork whether it's ribs or Carolina-style pulled pork. One tip: If you apply your spice rub too early before you start cooking it will cause the pork to develop a ham like flavor, and not in a good way. So apply this rub right before the pork hits the smoker.

Porker's Rib Seasoning

Prep Time: 10 minutes

Ingredients:

- 2 cups paprika
- 3/4 cup lemon pepper
- 1/4 cup coarse ground black pepper
- 1/4 cup white pepper
- 1/4 cup onion salt
- 1/4 cup granulated garlic
- 1/4 cup chili powder
- 3/4 cup brown sugar

Preparation:

Mix all ingredients and store in an air tight container. Apply to pork with a shaker right before it goes into the smoker.

Lamb Rubs

Middle Eastern Lamb Rub

This spice rub is perfect for any lamb recipe, it gives a great, Middle Eastern flavor.

Prep Time: 15 minutes

Ingredients:

- 1 small onion, chopped
- juice small lemon
- 4 cloves garlic, minced
- 1 tablespoon white vinegar
- 1 tablespoon olive oil
- 1 tablespoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon cayenne pepper

- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon ground cloves

Preparation:

Combine all ingredients and mix together until it forms a paste. Rub this mixture over the surface of the meat making sure to get it evenly distributed. Plan on allowing mixture to sit on the meat for 1 hour before you cook.

Mutton Rub

This rub can be used on Kentucky-style barbecued lamb. You can add the Worcestershire sauce directly to the meat to help hold the rub in place.

Prep Time: 10 minutes

Ingredients:

- 1/2 cup black pepper (freshly ground is best)
- 2 1/2 tablespoons brown sugar
- 2 tablespoons kosher salt
- 2 cloves garlic, crushed
- 1/2 teaspoon allspice
- 1/4 cup Worcestershire sauce

Preparation:

Combine all ingredients except the Worcestershire sauce and store in an airtight container. This is enough rub for a 12 pound mutton roast. It's best to apply the night before you cook. Before you put the rub on the meat, coat it with the Worcestershire sauce first to hold the rub on good. Wrap in plastic and refrigerate until it's time to go in the smoker.

All-Purpose Lamb Rub

Ingredients:

- 2 tbsp olive oil 25 ml
- 8 cloves garlic, minced or slivered 8
- 1 tangerine or orange, juice and zest 1
- 2 tbsp minced fresh mint 25 ml
- 1 tbsp minced fresh rosemary 15 ml
- 1 tbsp minced fresh thyme 15 ml
- 1 tbsp Dijon mustard 15 ml
- freshly cracked pepper to taste

Directions:

Combine all the ingredients. Rub onto leg, rack or chops before grilling or roasting. Store leftovers in the fridge for up to a week.

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