

3 Versatile Dry Rub Recipes



SHORT STORY

You can infuse your chicken, steak, pork, fish, or shrimp with a plethora of different spice blends. Here are three of my favorites.

**TIME**

5 Min


**SERVES**



4 people

**COOK**

No Cooking

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INGREDIENTS

Sweet & Spicy Barbecue Rub

- 1 Tbsp. garlic powder
- 1 Tbsp. smoked paprika
- 1 Tbsp. cumin
- 1 tsp. brown sugar
- 2 tsp. ground dry mustard
- 2 tsp. chili powder
- 1 tsp. pepper
- 1 tsp. salt
- 2 tsp. cayenne pepper

Jamaican Jerk Rub

- 1.5 Tbsp. onion powder
- 1.5 Tbsp. dried thyme
- 1.5 Tbsp. ground allspice
- 1.5 Tbsp. pepper
- 1 Tbsp. turbinado sugar
- 1 Tbsp. garlic powder
- 2 tsp. salt
- 2 tsp. ground ginger
- 2 tsp. cinnamon
- 2 tsp. nutmeg
- 2 tsp. cayenne pepper

Thai Curry Rub

- 5 Tbsp. curry powder
- 1 Tbsp. onion powder
- 4-5 tsp. crushed red pepper
- 3 tsp. salt
- 2 tsp. dried parsley

INSTRUCTIONS

For all Recipes

1. Combine all the spices into a bowl and mix well.
2. Use immediately or prepare the rubs beforehand and keep them in an airtight container in the freezer or in a cool, dark place for up to 6 months to preserve their freshness.
3. When you are ready to start prepping your meal, pour the dry rub into a large bowl and add in the raw meat. Massage the seasonings generously into the meat.