

BBQ Rub

Ingredients

30 g Paprika
15 g Brown Sugar
15 g Salt
15 g Cumin
15 g Garlic Powder
10 g Chili Powder
1 Teaspoon Ground Black Pepper
1 Teaspoon Ground Mustard Seeds
½ Teaspoon Ground Cayenne Pepper
Medium size jar with a screw lid



Video BBQ Rub



Video BBQ Sauce

Preparation

1. Using a funnel (or even make your own funnel out of paper, as in my Youtube video), pour all the ingredients into your jar. Shake well to mix up all the ingredients and screw on lid.
2. Keep in the pantry. Keeps for at least 1 year, so you could make much more if you want to.

Tips:

Marinade

This rub is brilliant for marinading meat. Either use it dry or add 2 teaspoons of BBQ rub to 4 teaspoons of olive oil. Rub into meat and leave in the fridge to marinade for at least 4 hours or overnight.

Dip

You can also use this rub as a flavour for a BBQ dip. Mix 2-3 teaspoons of BBQ rub with 250g of plain yogurt. Leave to stand for at least 1 hour or even better overnight.

BBQ Sauce

This is a really important ingredient for my Homemade BBQ Sauce. Give it a go. It tastes delicious and keeps for a whole BBQ season.