

Seasoning Blends

Indian Style Spice Rub

Makes about $\frac{3}{4}$ cup

2 tablespoons ground cumin
2 tablespoons curry powder
2 tablespoons chili powder
4 teaspoons ground allspice
1 tablespoon kosher salt
1 tablespoon ground black pepper
 $\frac{1}{2}$ teaspoon cayenne pepper

In a small bowl, stir all ingredients together. Transfer to gift jars or tins. Attach directions for use.

To use: Brush 1 lb. chicken or pork with 1 tablespoon olive oil. Sprinkle with 2 teaspoons of spice rub and rub it in with your fingers. Cook as desired.

Mediterranean Salt & Herb Rub

Makes about 4 cups

$1\frac{1}{3}$ cups coarse sea salt
 $\frac{2}{3}$ cup dried parsley
 $\frac{1}{4}$ cup dried thyme
 $\frac{1}{4}$ cup dried rosemary
 $\frac{1}{4}$ cup coarsely ground black pepper
 $\frac{1}{4}$ cup dried shredded lemon peel
2 tablespoons granulated garlic
2 tablespoons granulated onion

In a medium bowl, stir all ingredients together. Transfer to gift jars or tins. Attach directions for use.

To use: Brush pork, leg of lamb, lamb chops, chicken, or fish with olive oil. Sprinkle with 2 to 3 teaspoons of spice rub per pound of meat. Rub in with your fingers. Allow to stand for about 15 minutes. Cook as desired.

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Spicy Southwest Rub

Makes about 1/2 cup

- 2 tablespoons chili powder
- 2 tablespoons paprika
- 1 tablespoon packed brown sugar
- 1 tablespoon ground cumin
- 2 teaspoons granulated garlic
- 2 teaspoons ground black pepper
- 2 teaspoons dried thyme
- 1 teaspoon sea salt
- 1/2 teaspoon cayenne pepper

In a small bowl, stir all ingredients together. Transfer to gift jars or tins. Attach directions for use.

To use: Sprinkle about 1 tablespoon of the rub on 1 lb. of beef, chicken breast, lean pork, or salmon. Rub in with your fingers. Cook as desired.

Garlic Herb Rub

Makes about 1/2 cup

- 1 tablespoon dried basil, crushed
- 1 tablespoon dried thyme, crushed
- 1 tablespoon dried marjoram, crushed
- 1 tablespoon finely shredded lemon peel, or dried lemon peel
- 1 tablespoon garlic powder
- 2 teaspoons dried sage, crushed
- 2 teaspoons fennel seeds, crushed
- 1 teaspoon onion powder
- 1 teaspoon sea salt
- 1 teaspoon ground black pepper

In a small bowl, stir all ingredients together. Transfer to gift jars or tins. Attach directions for use.

To use: Sprinkle about 1 tablespoon of the rub on 1 lb. of fish, chicken breast, lean pork, lamb, or beef. Rub it in with your fingers. Cook as desired.

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