

## Rubs and Seasonings

I generally mix up a batch to store in a pint sized mason jar and keep a smaller amount in an old spice bottle (don't throw away all of the out dated spice bottles with bad spices). Some spices are more fragrant than others, so be sure when you re-use a spice bottle it held an ingredient for the blend (e.g., cayenne pepper can be a cajun blend bottle) so you don't impact your newly created blend.

**2 Notes:** when a blend calls for fresh ginger or garlic, I add those at the time of use - not for storage. Onion / Garlic Powder is the consistency of a fine grain salt, not a powder like flour. Sometimes it's called powder and sometimes it's called granulated. Minced Onion / Garlic are flakes of dehydrated onion / garlic.

Here are my go to favorite blends. Keep in mind a pint jar holds 32 Tbsp so you will see green in parenthesis for the recipe to come close to filling a pint sized jar to keep on hand for a while.

### Salt and Pepper

I find it handy to keep a pre-mixed salt and pepper sprinkle jar handy when cooking and a little shake here and there. Multiply by 2 to fill a a pint jar, in paren's below.

- 2/3 cup coarse sea salt (1c + 1/3c)
- 1/3 cup ground black pepper (2/3c)

### Hudnall's Seasoning

This one is a take on [Paula Deen's House Seasoning](#), except I add Onion Powder to the mix. Just about fills a pint jar.

- 1 cup salt (*I always use coarse sea salt*)
- 1/4 cup black pepper
- 1/4 cup garlic powder
- 1/4 cup onion powder

### Lemon Pepper

This one is my approximation of a pure lemon pepper seasoning without additives. Just about fills a pint jar. Multiply by 2 for a pint jar, in paren's below.

- 8 tablespoons dried lemon peel (16T or 1C)
- 6 tablespoons coarse ground black pepper (12T or 3/4C)

### Basic BBQ Rub

This comes to us from [Steven Raichlen](#) and is a general purpose go to rub for chicken, pork or fish. Multiply this one by 2 for a pint jar, in paren's below.

- 1/4 cup firmly packed brown sugar (1/2c)
- 1/4 cup sweet paprika (1/2c)
- 3 tablespoons black pepper (6T)
- 3 tablespoons coarse salt (*I use coarse sea salt*) (6T)
- 1 tablespoon hickory-smoked salt or more coarse salt (*I've never used smoked salt, I just use coarse sea salt*) (2T)
- 2 teaspoons garlic powder (1T + 1t)
- 2 teaspoons onion powder (1T + 1t)
- 2 teaspoon celery seeds (1T + 1t)
- 1 teaspoon cayenne pepper (2t)

## **Beef Rub**

This comes from the Weber's Charcoal Grilling book from [Mike McGrath](#). Multiply by 8 to fill a pint jar, in paren's below.

- 4 t coarse kosher salt (*I use coarse sea salt*) (10T + 2t)
- 1 T coarsely ground black pepper (8T or 1/2c)
- 1 t dried oregano (3T + 2t)
- 1 t dried thyme (3T + 2t)
- 1 t paprika (3T + 2t)
- 1 t minced garlic, add at time of use - *I don't use the garlic as I like to just enjoy the beef and feel this is just too overpowering*

## **Mediterranean**

This comes from Steven Raichlen, however, I do not care for Tarragon or Cilantro and always substitute Parsley. Rub chicken with this and olive oil, roast and you have Souvlakia, just add tomatoes, cucumber, feta, a pita and a good Tzatziki. Multiply 1.5 times to fill a pint jar, in paren's below.

- 3 tablespoons dried parsley (4 1/2T)
- 3 tablespoons dried oregano (4 1/2 T)
- 3 tablespoons dried dill (4 1/2T)
- 3 tablespoons dried thyme (4 1/2T)
- 3 tablespoons dried rosemary leaves (4 1/2T)
- 3 tablespoons coarse sea salt (4 1/2T)
- 2 tablespoons lemon pepper (3T)
- 1 tablespoon minced garlic (1 1/2 T)

## **Cajun**

This one comes from [Bon Appetit magazine](#) or [Emeril's Essence](#), same ingredients. Multiply by 2 to fill a pint jar, in paren's below.

- 5 tablespoons kosher salt (*I use coarse sea salt*) (10T)
- 2 tablespoons cayenne pepper (4T)
- 2 tablespoons garlic powder (4T)
- 2 tablespoons sweet paprika (4T)
- 1 tablespoon dried oregano (2T)
- 1 tablespoon dried thyme (2T)
- 1 tablespoon freshly ground black pepper (2T)
- 1 tablespoon onion powder (2T)

## **Blackening**

This one comes thanks to Guy Fieri and a [Cajun Alfredo Chicken recipe](#). The recipe is easy and amazing and the rub is so multi-purpose to season proteins and spreads. I add it to mayonnaise and / or avocado spreads. Guy's Alfredo recipe is awesome and simple, but I love this rub for jazzing up a turkey sandwich. Multiply by 6 to fill a pint jar, in paren's below.

- 1 tablespoon granulated garlic (6T)
- 1 tablespoon freshly cracked black pepper (6T)
- 1/2 tablespoon salt (*I use coarse sea salt*) (3T)
- 2 teaspoons ground cumin (4T)
- 2 teaspoons granulated onion (4T)
- 1 teaspoon cayenne pepper (2T)
- 1 teaspoon Italian seasoning (2T)
- 1 teaspoon paprika (2T)
- 1/2 teaspoon chili powder (1T)

## **Jerk**

This comes to us courtesy of [Bobby Flay and the Food Network](#). Great on chicken, pork and fish and again in spreads. Multiply 1.5 times to fill a pint jar, in paren's below.

- 3 tablespoons ground coriander (4 1/2T)
- 3 tablespoons ground ginger (4 1/2 T)
- 3 tablespoons light brown sugar (4 1/2T)
- 2 tablespoons onion powder (3T)
- 2 tablespoons garlic powder (3T)
- 2 tablespoons kosher salt (*I use coarse sea salt*) (3T)
- 2 tablespoons habanero powder (*can use cayenne pepper*) (3T)
- 1 tablespoon dry thyme (1 1/2 T)
- 2 teaspoons coarse black pepper (1T)
- 2 teaspoons ground cinnamon (1T)
- 2 teaspoons ground allspice (1T)
- 2 teaspoons ground cloves (1T)

## **Asian #1**

This comes to us courtesy of [Weber's Charcoal Grilling](#). Great on chicken, pork and fish and again in spreads. Multiply 5 times to fill a pint jar, in paren's below.

- 2 tbsps paprika (10 tbsps)
- 2 tspns kosker salt (*I use coarse sea salt*) (3 tbsps 1 tspn)
- 2 tspns ground coriander (3 tbsps 1 tspn)
- 2 tspns chinese five spice powder (3 tbsps 1 tspn)
- 1 tspn ground giner (1 tbspn 2 tspns)
- 1/2 tspn ground allspice (2 1/2 tspns)
- 1/2 tspn ground cayenne pepper (2 1/2 tspns)

## **Asian #2**

This comes to us courtesy of [Yummlly website](#). Great on chicken, pork and fish and again in spreads. Multiply 3 times to fill a pint jar, in paren's below.

- 1 1/2 tbsps chinese five-spice powder (4 1/2 tbsps)
- 1 1/2 tbsps ground cumin (4 1/2 tbsps)
- 1 tbsp paprika (3 tbsps)
- 1 tbsp salt (3 tbsps)
- 1 tbsp peppercorn (3 tbsps)
- 1 tbsp black pepper (3 tbsps)
- 1/2 tbsp cayenne pepper (1 1/2 tbsps)
- 1/2 tbsp ground cardamom (1 1/2 tbsns)
- 1/2 tbsp ground coriander (1 1/2 tbsps)

Add these ingredients at time of use:

- 1 tbsp minced garlic (about 2 large cloves)
- 1 tbsp peeled fresh ginger (minced)
- 2 tbsps dark sesame oil
- 5 tbsps vegetable oil

## **Taco Seasoning**

This comes from [AllRecipes.com](http://AllRecipes.com). Multiply by 10 to fill a pint jar, in paren's below.

- 2 teaspoons hot chili powder (6T + 2t)
- 1 1/2 teaspoons paprika (5T)
- 1 teaspoon onion powder (3T + 1t)
- 1/2 teaspoon coarse sea salt (1T + 2t)
- 1/2 teaspoon garlic powder (1T + 2t)
- 1/2 teaspoon ground cumin (1T + 2t)
- 1/2 teaspoon dried oregano (1T + 2t)
- 1/4 teaspoon cayenne pepper or to taste (2 1/2 t)
- 1/4 teaspoon freshly ground black pepper or to taste (2 1/2t)
- 1/4 teaspoon red pepper flakes, or to taste (2 1/2t)

## **Bread Dipping Blend**

Ever wish you could duplicate that favorite dip from Carrabba's? Here's a close approximation I found on the web. I also use it to top ready to bake dough, just brush the rolls with olive oil or butter to get the spices to adhere to the rolls. This recipe comes from [Food.com](http://Food.com). Multiply by 4 to fill a pint jar, in paren's below.

- 1 tablespoon crushed red pepper flakes (4T)
- 1 tablespoon black pepper (4T)
- 1 tablespoon dried oregano (4T)
- 1 tablespoon dried rosemary (4T)
- 1 tablespoon dried basil (4T)
- 1 tablespoon dried parsley (4T)
- 1 tablespoon garlic powder (4T)
- 1 tablespoon minced garlic clove *-Add this when ready to use (4T)*
- 1 teaspoon salt *(I use coarse sea salt) (1T + 1t)*

## **Everything Seasoning**

Ever wonder exactly what is on an Everything Bagel and wouldn't it be great to do that to ready bake rolls? Here's another from [Food.com](http://Food.com). Multiply by 5 to fill a pint jar (in paren's below).

- 4 teaspoons poppy seeds (6 T + 2 t)
- 4 teaspoons sesame seeds (6T + 2t)
- 4 teaspoons dried garlic flakes (6T + 2t)
- 4 teaspoons dried onion flakes (6T + 2t)
- 2 teaspoons kosher salt or 2 teaspoons coarse sea salt *(I use coarse sea salt) (3T + 1t)*

## **Shopping List**

I generally pick up McCormick in the larger plastic bottles at Sam's Club and order online for the ones I cannot find. Here's the list of everything needed to make all of the above blends:

- Coarse Sea Salt
- Coarse Ground Black Pepper
- Cayenne Pepper
- Red Pepper Flakes or Crushed Red Pepper
- Chili Powder
- Paprika
- Lemon Peel
- Celery Seeds
- Dried Oregano, Thyme, Parsley, Dill, Rosemary
- Ground Cumin, Allspice, Cloves, Cinnamon, Coriander, Ginger
- Garlic and Onion Powder - remember fine grain, might be called granulated - NOT a powder like flour
- Minced Garlic and Onion - might also be called flakes
- Italian Seasoning, Old Bay Seasoning, Garam Masala and Chinese 5 Spice - the only blends I generally purchase
- Light Brown Sugar

These will also give you a well stocked spice pantry!

***Enjoy! Share your favorites!***