

Fish Dry Rub

makes 4oz.

INGREDIENTS

¼ cup coarse salt
 1 Tbsp garlic powder
 ½ tsp onion powder
 1 Tbsp dried basil
 1 tsp dried thyme
 ½ Tbsp dried dill
 1 Tbsp lemon pepper

DIRECTIONS

1. Add all ingredients to a bowl and stir until well combined. Transfer to an airtight container. Will keep for up to 5 months if sealed tight and kept in a cool place.
2. Prepping your fish: Sprinkle seasoning on top side of uncooked fish, ensuring skin side is facing down, until it is covered to your liking. Rub seasoning into the fish until it sticks well.

*Suggested uses: mahi mahi, catfish, tilapia, flounder, cod, salmon, shrimp

Chicken Dry Rub

makes 4oz.

INGREDIENTS

¼ cup coarse salt
 1 Tbsp garlic powder
 1 Tbsp dried sage
 2 tsp ground mustard
 2 tsp dried tarragon
 1 tsp paprika
 1 tsp dried thyme
 1 Tbsp coarse ground pepper

DIRECTIONS

1. Add all ingredients to a bowl and stir until well combined. Transfer to an airtight container. Will keep for up to 5 months if sealed tight and kept in a cool place.
2. Prepping your chicken: Sprinkle seasoning on top side of uncooked meat until covered to your liking. Rub seasoning into the chicken until it sticks well. For larger cuts, coat both sides with dry rub.

*Suggested uses: chicken breast, thighs, wings, poultry—could also be used on pork

for your 4x6 card - trim along the dotted line

Beef Dry Rub

makes 4oz.

INGREDIENTS

¼ cup kosher salt
1½ Tbsp coffee grounds
1 Tbsp garlic powder
1 tsp onion powder
1 Tbsp coarse ground pepper
1 tsp chili powder
1 tsp dried oregano

DIRECTIONS

1. Add all ingredients to a bowl and stir until well combined.
Transfer to an airtight container. Will keep for up to 5 months if sealed tight and kept in a cool place.
2. Prepping your beef: Sprinkle seasoning on top side of uncooked meat until it is covered to your liking. Rub seasoning into the beef until it sticks well. For larger cuts, coat both sides with dry rub.

*Suggested uses: New York Strip, T-bone, brisket, fajita meat
— could also be used on pork

for your 4x6 card - trim along the dotted line