“Carnivore” Basic Rub

⅓ cup Salt
1 tbsp black pepper (heaped)
¾ tsp granulated garlic
(makes about 115g mixture)

Other spices can be (¼ - ½ tsp) added to add “ethnicity”:

i.e. Allspice = Caribbean
basil or oregano = Mediterranean
dried celery & onion powder = Cajun
sage for pork or poultry
Sweet Carnivore Rub

\[ \frac{1}{3} \text{ cup Salt} \]
\[ 1 \text{ tbsp black pepper (heaped)} \]
\[ \frac{3}{4} \text{ tsp granulated garlic} \]
\[ 2 \text{ tbsp dark brown sugar} \]

For pork chops or roasts

For poultry add tsp of rubbed sage
Carnivore Italiano Rub

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
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<tbody>
<tr>
<td>Salt</td>
<td>(\frac{1}{3}) cup</td>
</tr>
<tr>
<td>Black pepper (heaped)</td>
<td>1 tbsp</td>
</tr>
<tr>
<td>Granulated garlic</td>
<td>(\frac{3}{4}) tsp</td>
</tr>
<tr>
<td>Ground basil</td>
<td>(\frac{1}{2}) tsp</td>
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<tr>
<td>Ground oregano</td>
<td>(\frac{1}{2}) tsp</td>
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</table>
Carnivore Mexicali Rub

$\frac{1}{3}$ cup Salt
1 tbsp black pepper (heaped)
$\frac{3}{4}$ tsp granulated garlic
$\frac{1}{2}$ tsp ground cumin
Peanut Butter and Coconut Milk Marinade

1 cup Creamy Peanut Butter
1 cup Coconut Milk
1 tsp carnivore mix (or salt & pepper to taste)

Wisk together peanut butter, coconut milk and spices. For Kabobs, arrange meat chunks in a single layer in a glass dish, coat with marinade, cover dish and refrigerate overnight.
Kansas City Rub

Excellent as dry rub for pork ribs

½ cup brown sugar
¼ cup paprika
1 tbsp black pepper
1 tbsp salt
1 tbsp chili powder
1 tbsp granulated garlic
1 tbsp onion powder
1 tsp cayenne pepper

Combine all ingredients & mix
Thoroughly rub both sides of rib
Memphis style rib rub

Traditionally used as dry rub

4 tbsp paprika
2 tbsp salt
2 tbsp onion powder
2 tbsp fresh black pepper
1 tbsp cayenne pepper

Mix ingredients.
Spread evenly on ribs.
Let sit on ribs until the rub appears moist before Grilling.
# Carolina dry rub

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>2 tbsp salt</td>
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<tr>
<td>2 tbsp sugar</td>
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<tr>
<td>2 tbsp brown sugar</td>
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<tr>
<td>2 tbsp ground cumin</td>
<td></td>
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<tr>
<td>2 tbsp chili powder</td>
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<tr>
<td>2 tbsp black pepper</td>
<td></td>
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<tr>
<td>1 tsp cayenne pepper</td>
<td></td>
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<tr>
<td>¼ cup paprika</td>
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Combine ingredients, mix well & liberally rub ribs, steaks, roasts, Chops or lamb leg.
Emeril’s Creole rub

Excellent on Boston Butts for pulled pork

Mix ingredients & thoroughly rub boneless boston butts. Grill at low heat until meat can be easily shredded.

2 1/2 tbsp paprika
2 tbsp salt
2 tbsp granulated garlic
1 tbsp black pepper
1 tbsp onion powder
1 tbsp cayenne pepper
1 tbsp dried oregano
1 tbsp dried thyme
Jerk seasoning

- 1 tbsp onion flakes
- 1 tbsp onion powder
- 2 tsp ground thyme
- 2 tsp salt
- 2 tsp sugar
- 2 tsp dried chives
- 1 tsp allspice
- 1 tsp black pepper
- 1 tsp cayenne pepper
- ¼ tsp ground nutmeg
- ¼ tsp ground cinnamon

Mix ingredients well
Cajun “blacken” mix

Blackening spice mix example 1

1 tsp paprika
2½ tsp salt
1 tsp onion powder
1 tsp granulated garlic
1 tsp cayenne pepper
¾ tsp white pepper
¾ tsp black pepper
½ tsp dried thyme
½ tsp dried oregano

Mix ingredients well & thoroughly coat meats prior to grilling. “Blacken” effect requires at least 450° grill temperature
Cajun “blacken” mix

Blackening spice mix example 2

1 tbsp cracked black peppercorns
1 tbsp salt
2 tsp crushed fennel seeds
1 tsp dried thyme
1 tsp paprika
1 tsp dry mustard
1 tsp granulated garlic
1 tsp ground sage
½ tsp cayenne flakes

Mix ingredients and generously rub steaks or chops
“Blacken” effect requires at least 450° grill temperature
Montreal steak seasoning #1

- 2 tbsp paprika
- 2 tbsp black pepper
- 2 tbsp kosher salt
- 1 tbsp granulated garlic
- 1 tbsp granulated onion
- 1 tbsp crushed coriander
- 1 tbsp dill weed
- 1 tbsp crushed red pepper

Combine & mix well
# Montreal steak seasoning #2

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salt</td>
<td>4 tbsp</td>
</tr>
<tr>
<td>Black pepper</td>
<td>1 tbsp</td>
</tr>
<tr>
<td>Dehydrated onion</td>
<td>1 tbsp</td>
</tr>
<tr>
<td>Granulated garlic</td>
<td>½ tbsp</td>
</tr>
<tr>
<td>Crushed red pepper</td>
<td>½ tbsp</td>
</tr>
<tr>
<td>Dried thyme</td>
<td>½ tbsp</td>
</tr>
<tr>
<td>Dried rosemary</td>
<td>½ tbsp</td>
</tr>
<tr>
<td>Dried ground fennel</td>
<td>½ tbsp</td>
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</table>

Combine & mix well

Use approximately 1 tbsp per pound for steaks, chops of burgers.
Mexican steak rub

From the National Pork Board

1 tbsp Chili powder
2 tsp Brown sugar
½ cinnamon
1 tsp ground cumin
¼ to ½ tsp ground red pepper
¼ tsp salt

Combine all ingredients and mix well

Rub evenly over meat surface & Refrigerate 15 min prior to grilling

Enough for approx. 4 – 6 chops

Use on steaks, chops or roasts
Combine with a little butter & use on grilled corn on the cob
Buck’s Kabob marinade

For ka-bob pieces, steaks or chops

⅓ cup canola oil
¾ cup soy sauce (light)
¼ cup worcestershire sauce
2 tbsp dry yellow mustard
2¼ tsp salt
1 tsp black pepper
½ cup wine vinegar
1½ tsp dried parsley
2 cloves garlic
⅓ cup lemon juice

Combine ingredients & mix well. Pour over Kabob cubes & refrigerate no more than 8 hours.
Tuscan steak

Mild strength red wine-based marinade

½ cup red wine
½ cup sun dried tomatoes
¼ cup fresh basil leaves
3 tbsp olive oil
4 cloves garlic
2 tsp black pepper
1 tsp salt

Place ingredients in blender & mix ‘til smooth & thick. Cover steaks & refrigerate from 1 hour to overnight.
Yogurt Marinade #1

Calcium activates tenderizing enzymes

4 cloves garlic
1½ cup plain yogurt
1½ tbsp grated fresh ginger
3 tbsp olive oil
½ tsp cayenne pepper
½ tsp black pepper
½ tsp ground cumin

Mix and completely coat butterflied lamb leg. Place in sealed container in refrigerator over night. Over low heat grill leg to medium rare.
Teriyaki steak

Strong marinade:
– recommended time 2 hours or less

¼ cup pineapple juice
   or chopped fresh pineapple
¼ cup soy sauce
2 tbsp chopped onion
2 tbsp vegetable oil
2 tbsp cider vinegar
1 tbsp honey
1 clove garlic
1 tsp minced ginger

Mix well & cover steak, refrigerate
Yellow curry paste

A Thai flavor applied as a thick paste

1 tsp cumin seeds
1 tsp coriander seeds
1 tsp cayenne powder
1 tbsp turmeric
1 tsp salt
1 tbsp chopped garlic
1 tbsp chopped lemon grass
2 tbsp chopped shallots
½ tsp ground cloves
½ tsp ground cinnamon

Toast the cumin & coriander seeds then grind & mix with other ingredients with a bit of water to Make a medium paste. Coat steak with paste.
Red wine & BBQ marinade

- 1/3 cup red wine
- 1/2 cup vegetable oil
- 1/4 cup prepared ketchup
- 1/4 cup BBQ sauce
- 3 tbsp balsamic vinegar
- 1 tbsp chopped parsley
- 1 tbsp minced garlic
- 1/2 tsp salt
- 1/2 tsp black pepper

Combine ingredients & mix well (use blender if wished).
Cover steak & put in Ziploc bag for up to 8 hours in refrigerator.
Herbs de provence

A sodiumless rub

2 tbsp dried marjoram
2 tbsp dried thyme
2 tbsp dried, powdered savory
2 crumbled bay leaves
1 tbsp dried basil
1 tbsp dried oregano
\( \frac{1}{2} \) tbsp dried rosemary
\( \frac{1}{2} \) tsp dried, crumbled sage

Combine ingredients & mix well
South American dry rub

[recado para bistec]

¼ cup black peppercorns
2 tbsp whole allspice (pimento seeds)
1 stick cinnamon
1 tsp cumin seeds
1½ tbsp dried oregano
5 or 6 cloves garlic minced
1 tsp salt

In a spice grinder, grind peppercorns, allspice, cumin, oregano, garlic & salt.
Papaya Marinade #1

- 1 medium large papaya
- 1 Tbsp chopped garlic
- 1 Tbsp BBQ sauce
- ½ cup Brown sugar
- ½ cup Olive oil
- ½ cup Soy sauce
- ½ cup Balsamic vinegar
- ¼ to ½ tsp cayenne pepper
- ½ tsp salt

Combine all ingredients and mix well.

Immerse meat & refrigerate not longer than 2 hours.

Very strong marinade.
Puerto Rican Adabo

4 tbsp salt
2 tbsp black pepper
2 tbsp onion powder
4 tbsp granulated garlic
2 tbsp cumin
2 tbsp saffron
2 tbsp oregano
1 tbsp turmeric
1 tbsp paprika
1 tbsp corriander
1 tbsp dried cilantro
1 tbsp dried lemon zest

Combine & mix well
Use approximately 1 tbsp per pound
## Moroccan Marinade

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 tsp salt</td>
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<tr>
<td>1 tsp cumin</td>
<td></td>
</tr>
<tr>
<td>4 cloves crushed garlic</td>
<td></td>
</tr>
<tr>
<td>2 tsp paprika</td>
<td></td>
</tr>
<tr>
<td>¼ cup minced mint leaves</td>
<td></td>
</tr>
<tr>
<td>¼ cup olive oil</td>
<td></td>
</tr>
<tr>
<td>⅛ cup lemon juice</td>
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</tbody>
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Mix garlic, mint, cumin salt & paprika in a food processor adding olive oil 7 lemon juice. Mix into a paste.

Coat meat well with the paste, place in a covered container. Place in refrigerator for at least 2 hours (up to overnight)—remove from fridge an hour prior to cooking.
Moroccan Marinade 2

4 tsp salt
1 tsp cumin
6 cloves crushed garlic
2 tsp paprika
2 tbsp minced mint leaves
⅔ cup olive oil
⅔ cup lemon juice
4 tsp grated lemon peel
2 tsp black pepper

In a large bowl, mix all ingredients thoroughly, coat meat pieces well and allow to marinade for ~ 2 hours at room temperature or in Refrigerator over night
Yogurt based Kabob Marinade #2

| 1 cup yogurt  |
| "pinch" salt |
| 1 lemon (juice from) |
| 2 cloves crushed garlic (per kabob) |
| 1 tsp chili powder |
| ¼ cup olive oil |
| 2 tsp black pepper |

Mix all ingredients thoroughly, submerge meat pieces in a sealed container or bag and allow to marinade for ~ 2 hours or in refrigerator over night. Enough for about 6 kabobs
TEX – MEX RUB

¼ cup salt
1 tsp black pepper
½ tsp onion powder
1 tsp granulated garlic
1 tsp cumin
1 tsp paprika
2 tbsp brown sugar
½ tsp cayenne pepper

Combine & mix well
Use approximately 1 tbsp per pound
Makes about one half cup
Store in sealed container
“COWBOY” RUB

1 tbsp coffee
1 tbsp salt
2 tsp black pepper
1 tsp chilli powder
1 tsp granulated garlic
1 tsp dried thyme leaves
1 tsp sugar

Grind coffee to a fine powder
Combine ingredients & mix well
Use approximately 1 tsp per side of a steak
Papaya Marinade #2

1 medium large papaya
3+ cloves minced garlic
½ cup Soy sauce
salt & pepper to taste

(begin with no added salt, soy sauce is quite salty; use about ½ tsp pepper as a starting point, adjust as desired)

Chop papaya in a food processor
Combine all ingredients and mix well
Coat meat in stainless bowl & refrigerate not longer than 2 hours

Very strong marinade!
Dijon Mustard Marinade

¼ cup Dijon mustard
3+ cloves minced garlic
¼ cup Soy sauce
1 tsp salt
½ tsp black pepper
½ cup brown sugar
¼ cup olive oil
⅔ cup fresh lemon juice

Combine all ingredients and mix well.
Coat meat in stainless bowl (or plastic bag), not longer than 2 hours at room temperature or overnight in the refrigerator.
Patio Daddy-O Lamb Marinade

1 fresh lemon, zested & juiced
1 fresh orange, zested & juiced
3+ cloves minced garlic
2 tsp rosemary
¼ cup olive oil
Salt & pepper to taste

Combine all ingredients and mix well
Coat meat in stainless bowl (or plastic bag), cover and refrigerate for 2 hours.
Basic Brine

$\frac{1}{4} \text{ C sugar}$

$\frac{1}{4} \text{ C salt}$

4 C water

mix well,

place meat in stainless bowl (or plastic bag), cover and refrigerate for a minimum of 2 hours (maximum of about 12 hours)
Brine for PORK roast

1 C dark brown sugar
1 C cider vinegar
2 C water
½ C salt
1 tbsp dry mustard
1 tbsp granulated garlic
1 tbsp. pepper corns

Combine dry ingredients and mix well, add vinegar stir, add water. Cover meat in stainless bowl (or plastic bag), cover and refrigerate for a minimum of 2 hours.
Epicurus Carolina BBQ sauce

\[
\begin{align*}
\frac{1}{4} \text{ C packed dark brown sugar} \\
2 \text{ C cider vinegar} \\
10 \text{ tbsp Ketchup} \\
5 \text{ tsp salt} \\
4 \text{ tsp Red Pepper flakes} \\
1 \text{ tsp Ground Black Pepper} \\
1 \text{ tsp White Pepper}
\end{align*}
\]

Combine ingredients and mix add 1\(\frac{3}{3}\) C water. Whisk to dissolve, cover and refrigerate.
Eastern Carolina
BBQ Sauce

2 C cider vinegar
1 tbsp dark brown sugar
2 C water
1 tsp salt
1 tbsp Cayenne
1 tbsp Tabasco
1 tsp. Black pepper

Combine ingredients in a jar, shake to mix well. Set aside for 2 or more hours to allow blending of flavors.
Carolina White BBQ Sauce

Combine ingredients in a jar, shake to mix well. Set aside for 2 or more hours to allow blending of flavors.
**North Carolina BBQ sauce**

4 oz Smoked Bacon (cubed)  
¾ C Beef Bullion  
1½ C cider vinegar  
½ C white vinegar  
¼ C dark brown sugar  
¼ C Ketchup  
1 tbsp Kosher salt  
2 tsp Red pepper flakes  
1 tsp Chili powder  

Combine ingredients in a sauce pan. Bring to a boil, reduce heat & simmer for 20 min. Set aside for ½ hour. Remove bacon. Serve hot.
Cinnamon Chipotle Rub

2 cups brown sugar
½ cup chili powder
¼ cup cinnamon
“dash” cayenne pepper (to taste)
¼ tsp coarse ground black pepper
2 tbsp crushed chipotle pepper

Mix well and store in a sealed jar.
Liberally rub meat surface (ham, pork roast, pork chops, chicken).
Used on the pulled pork roasts today.
## Paste for Grilling Apples

(6 to 8 apples)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>⅛ lb butter</td>
<td></td>
</tr>
<tr>
<td>¾ cup dark brown sugar</td>
<td></td>
</tr>
<tr>
<td>3 Tbsp ground cinnamon</td>
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<tr>
<td>½ tsp ground anise</td>
<td></td>
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<tr>
<td>1 - 1½ (+?) Oz brandy</td>
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</tbody>
</table>

Melt butter, mix in brown sugar, cinnamon and anise. Add brandy & allow to cool. Paste consistency should be firm when cool.

Works also for peaches if you reduce the cinnamon by half.
Alabama White BBQ Sauce

Combine and mix until smooth

Transfer to a lidded mason jar.
Refrigerate 24h to allow flavors to meld.
Will keep up to 2 weeks in refrigerator.

1 Cup Mayonnaise
¼ Cup Apple Cider Vinegar
2 Tbsp Brown Sugar
1 Tbsp Brown Mustard
1 Tsp Lemon Juice
1 Tsp Prepared Horseradish
½ Tsp Salt
½ Tsp Black Pepper
¼ Tsp Cayenne Pepper
**Korean Leg of Lamb**

6 Lb leg, butterflied (remove seam fat)

**Marinade:**
- 6 green onions, minced
- 2 tbsp minced fresh ginger root
- 2 chili peppers, seeded and minced
- ½ cup soy sauce
- ¼ cup + 2 tbsp honey
- ¼ cup sesame oil
- ¼ cup sesame seeds, toasted
- 3 + cloves garlic, minced
- Black pepper to taste (1/2 tsp or more)

**Prep:**
Combine ingredients & mix in large glass bowl. Thoroughly coat lamb & marinate at least 6 hours.
Grill over heat (like grilling a beef steak) for 8 – 10 mins/side until internal temp is 135° in the thickest portion. Remove from heat, & let rest for 5 – 10 mins. Serve as slices or cubes. Feeds 4.

**Important considerations:**
DO NOT overcook! DO NOT re-heat! Best served within 30 mins off the grill. If the serving line is moving fast enough, the cubes can be served from chafing dishes.
Barbacoa Lamb Tacos
Recipe courtesy of Hotel Donaldson, Fargo ND

Ingredients
For Marinade:
1 whole shoulder of lamb
¼ cup chili powder
1 tsp cayenne powder
1 tsp onion powder
1 tsp garlic powder
1 tsp ground cumin
1 tsp ground coriander
½ tsp ground allspice
2 tbsp mexican oregano
¼ cup kosher salt
¼ cup brown sugar
¼ cup red wine vinegar
¼ cup vegetable oil

For Cooking: 2 cups chicken stock, 1 tbsp liquid smoke

For Tacos: corn tortillas, sour cream, pickled red onions, fresh cilantro

For pickled red onions: 1 red onion, ½ cup water, 1 cup white vinegar, ¼ cup sugar,
6 black peppercorns, 1 spring fresh thyme