

“Carnivore” Basic Rub

$\frac{1}{3}$ cup Salt

1 tbsp black pepper (heaped)

$\frac{3}{4}$ tsp granulated garlic

(makes about 115g mixture)

Other spices can be ($\frac{1}{4}$ - $\frac{1}{2}$ 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

$\frac{1}{3}$ cup Salt

1 tbsp black pepper (heaped)

$\frac{3}{4}$ tsp granulated garlic

2 tbsp dark brown sugar

For pork chops or roasts

For poultry add tsp of rubbed sage

Carnivore Italiano Rub

$\frac{1}{3}$ cup Salt

1 tbsp black pepper (heaped)

$\frac{3}{4}$ tsp granulated garlic

$\frac{1}{2}$ tsp ground basil

$\frac{1}{2}$ tsp ground oregano

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
1tsp 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

2 tbsp salt
2 tbsp sugar
2 tbsp brown sugar
2 tbsp ground cumin
2 tbsp chili powder
2 tbsp black pepper
1 tsp cayenne pepper
¼ cup paprika

Combine ingredients, mix well & liberally rub ribs, steaks, roasts, Chops or lamb leg.

Emeril's Creole rub

Excellent on Boston Butts for pulled pork

- 2½ 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

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

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
 $\frac{1}{4}$ tsp ground nutmeg
 $\frac{1}{4}$ 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
1/2 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

4 tbsp salt
1 tbsp black pepper
1 tbsp dehydrated onion
½ tbsp granulated garlic
½ tbsp crushed red pepper
½ tbsp dried thyme
½ tbsp dried rosemary
½ tbsp dried ground fennel

Combine & mix well

Use approximately 1 tbsp per pound for steaks, chops or 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

1/2 cup canola oil
3/4 cup soy sauce (light)
1/4 cup worcestershire sauce
2 tbsp dry yellow mustard
2 1/4 tsp salt
1 tsp black pepper
1/2 cup wine vinegar
1 1/2 tsp dried parsley
2 cloves garlic
1/3 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

1/2 cup red wine
1/2 cup sun dried tomatoes
1/4 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

- 1/4 cup pineapple juice
or chopped fresh pineapple
- 1/4 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

$\frac{1}{3}$ cup red wine
 $\frac{1}{2}$ cup vegetable oil
 $\frac{1}{4}$ cup prepared ketchup
 $\frac{1}{4}$ cup BBQ sauce
3 tbsp balsamic vinegar
1 tbsp chopped parsley
1 tbsp minced garlic
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ 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
½ tbsp dried rosemary
½ 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 coriander
1 tbsp dried cilantro
1 tbsp dried lemon zest

Combine & mix well

Use approximately 1 tbsp per pound

Moroccan Marinade

2 tsp salt
1 tsp cumin
4 cloves crushed garlic
2 tsp paprika
 $\frac{1}{4}$ cup minced mint leaves
 $\frac{1}{4}$ cup olive oil
 $\frac{1}{8}$ cup lemon juice

Mix garlic, mint, cumin salt & paprika in a food processor adding olive oil & 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
 $\frac{3}{4}$ cup olive oil
 $\frac{2}{3}$ 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 marinate 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
marinate for ~ 2 hours or in
refrigerator over night.
Enough for about 6 kabobs

TEX – MEX RUB

1/4 cup salt
1 tsp black pepper
1/2 tsp onion powder
1 tsp granulated garlic
1 tsp cumin
1 tsp paprika
2 tbsp brown sugar
1/2 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

1/4 cup Dijon mustard

3+ cloves minced garlic

1/4 cup Soy sauce

1 tsp salt

1/2 tsp black pepper

1/2 cup brown sugar

1/4 cup olive oil

2/3 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

1/4 C sugar

1/4 C salt

4 C water

mix well,

palce 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

1/4 C packed dark brown sugar
2 C cider vinegar
10 tbsp Ketchup
5tsp salt
4 tsp Red Pepper flakes
1 tsp Ground Black Pepper
1 tsp White Pepper

*Combine ingredients and mix add
1 1/3 1/3 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

1½ C Mayonnaise
¼ C water
¼ white vinegar
1 tbsp. prepared mustard
1 tsp salt
1 tsp sugar
2 cloves garlic
2 tsp prepared horseradish
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.

North Carolina BBQ sauce

4 oz Smoked Bacon (cubed)
3/4 C Beef Bullion
1 1/2 C cider vinegar
1/2 C white vinegar
1/4 C dark brown sugar
1/4 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 1/2 hour. Remove bacon. Serve hot

Cinnamon Chipotle Rub

2 cups brown sugar
1/2 cup chili powder
1/4 cup cinnamon
“dash” cayenne pepper (to taste)
1/4 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)

$\frac{1}{8}$ lb butter

$\frac{3}{4}$ cup dark brown sugar

3 Tbsp ground cinnamon

$\frac{1}{2}$ tsp ground anise

1 - $1\frac{1}{2}$ (+?) Oz brandy

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

- 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

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.

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.

