



Dry Rub for Steak (or Chicken)

In most cases, the difference between a great dish and a so-so dish, isn't the ingredients, and isn't the cooking method. It's the seasoning. This has been my go-to dry rub for beef and chicken that will be pan fried, broiled or grilled for a long time. It's derived from a rub that I learned from my father many, many years ago.

Ingredients

1-2 tsp Garlic Salt
1-2 tsp Onion Powder
1-2 tsp Lemmon Pepper
1-2 tsp ground Black Pepper

Season: Generously sprinkle each of the spices on one side of your meat.

Aerate: Use a fork to punch a bunch of holes in the meat.

Repeat: Flip the meat, then season and aerate the other side.

Rest: Place in a zip top bag. Force the excess air out and seal. Refrigerate until cooking time. 30 minutes or more is best. Overnight is quite wonderful.

Cook however you like, but results are best if radiant or conductive heat is applied to the surface of the meat so the spices can sear on (pan fry, broil, grill, not bake, roast or stew. Those are seasoned differently).

Butterfly and pound out some chicken breasts and season this way. You'll make chicken sandwiches that are better than any fast food. Seriously.