BARBEQUE RUBS

Barbeque rub is a combination of spices applied to meat that is smoked or barbequed. The primary purpose of rubs is to add flavor to the meat, but it also seasons the meat and helps to seal in moisture in the cooking process. As part of the sealing process, rub forms the all-important “crust” or “Bark” that is crucial to good barbeque. Rubs are not used in isolation, but as part of a flavoring process that also includes marinades, injections and glazes.

Spices can be used in many combinations to personalize the flavor profile the cook is attempting to achieve. The key to making rubs is have complementing flavors and not just a jumble of non-complementing spices. I encourage you to experiment and try different combinations that express your individuality. I use three different rubs depending on what type of meat I am cooking, beef rub, chicken rub and an all-purpose rub for other types of meat. Below you will find the recipes for the basic rubs I use.

CHICKEN RUB

This recipe will make 2 cups of Rub

2/3 cup chili powder

½ cup sugar

4 tablespoons kosher salt

4 tablespoons onion powder

4 tablespoons garlic powder

½ teaspoon cayenne pepper

½ teaspoon black pepper