



Using Spices & Making Rubs

A **RUB** is a combination of dried, ground spices used to coat your protein or vegetables.

Ratio: 25% Salt : 75% Spice

Here are some starter rubs that you can add to any protein & vegetable for added flavor!

Italian spice rub	Mexican spice rub	American spice rub
Dried oregano	Cinnamon	Paprika
Paprika	Smoked paprika	Chili powder
Lemon zest	Oregano	Coffee
Red chili flakes	Clove	Coriander
	Dried chili of choice	Cumin
	Cumin	

When beginning to experiment, try combinations of some from different columns. Here is a small starter list of spices and the flavor they bring to your rub.

Salty	Spicy	Smokey	Bitter	Floral	Earthy (depth)
Kosher	Chili powder	Smoked paprika	Coffee	Coriander	Cinnamon
Himalayan pink salt	Curry	Cumin	Bay leaf	Thyme	Cloves
Sea salt	Red pepper flakes	Curry	Turmeric	Cardamom	Star Anise

Don't forget to make big batches of our rub to use at other times!

Kim Calichio | Kim@theconnectedchef.com | www.theconnectedchef.com |

facebook.com/theconnectedchef | Instagram: theconnectedchef