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# *Rub With Love*

## **Spice Rub Recipes**

*by Chef Tom Douglas*



DISCLAIMER: Allserv, Inc. assumes no responsibility for the accuracy or flavor of the recipes contained in this booklet or supplied in other formats. We have reduced many of the recipes from restaurant quantities to family size and strive for the best possible results. We have prepared and personally tested over 90% of the recipes we include with your orders and made adjustments we felt necessary. Thank you and HAPPY COOKING!!

## About Tom Douglas

Four of Seattle's most remarkable restaurants are owned and operated by Northwest Chef Tom Douglas and his wife and business partner, Jackie Cross. The latest addition is [Lola](#), which opened in July, 2004.

A Delaware native, Chef Tom Douglas started cooking at the Hotel Du Pont in Wilmington, Delaware before heading west to Seattle in 1978. From house building to wine selling to railroad car repair, Tom tried his hand at several jobs before making the obvious and final career choice of the restaurant business. Never having attended a culinary school, Douglas's cooking knowledge has come mostly from dining out across America and Europe, using his "taste memory" to recreate and develop recipes in his own style.

Starting with the acclaimed Cafe Sport in 1984, Douglas has helped to define the Northwest style, or "Pacific Rim Cuisine" as it is sometimes called. With the proximity of Asia, Alaska, California and Canada, this style of cuisine borrows from many cultures, using the best and freshest ingredients of the Pacific Northwest.

In November of 1989, Douglas and Cross left the comfortable confines of Cafe Sport to start their own restaurant in the heart of downtown Seattle. Since that time, the [Dahlia Lounge](#) has developed into one of the Northwest's premiere restaurants, winning wide acclaim both regionally and internationally. The James Beard Association Award for Best Northwest Chef was awarded to Douglas in 1994.

In February of 1995, Tom and Jackie opened their second restaurant after an extensive remodel of the old Cafe Sport location in the Pike Place Market. [Etta's Seafood](#) (named after their daughter Loretta) allows Tom to showcase his unique cooking style using the best seafood available.

The [Palace Kitchen](#) was the next product of Douglas' creativity. Opened in March of 1996, the Palace offers a menu more rustic in style, with a wood-fired grill offering nightly rotisserie specials. The Palace Kitchen was nominated by the James Beard Association as one of the country's best new restaurants in 1996.

Always remember...

All of the Tom Douglas Spice Rubs are interchangeable. Try using any of the rubs on any kind of dish. You can create great flavor and new dishes by adding a spice rub to your home cooking. Use them when you saute, bake, broil, rotisserie, barbecue or grill. Use them on all cuts of meat, poultry, seafood, and vegetables.

**HAPPY COOKING !!**  
Heidi & David

## Chinese 12 Spice Rubbed and Roasted Pork Tenderloin

2		pork tenderloins, about 1 pound each
3	Tbsp	<b><u>Rub with Love Chinese 12 Spice Rub</u></b>
2	Tbsp	peanut or vegetable oil
		Scallion Fried Rice (optional, see recipe below)

Preheat the oven to 350F. Pat the spice rub all over the pork tenderloins and allow them to rest 5 minutes. Put the oil in a large oven proof skillet and heat over medium high heat. Sear the tenderloins on all sides, about 4 minutes. Put the skillet in the oven and roast until an instant reading meat thermometer inserted in the pork reads 140F, about 20 minutes. Remove from the heat, let rest 5 minutes, slice at an angle, and serve with Scallion Fried Rice if desired. Serves 4

## Scallion Fried Rice

3	Tbsp	peanut or vegetable oil, as needed
1	cup	diced red bell pepper
2	cups	stemmed and sliced shiitake mushrooms
4	cups	cooked Japanese short grain rice, such as Niko Niko (use a rice cooker to cook rice)
1	cup	thinly sliced green onions
4	tsp	soy sauce, or to taste

Heat the oil in a large non-stick skillet over medium high heat. Add the bell pepper and mushrooms and sauté until softened and beginning to brown. Add the rice and sauté, tossing and stirring as needed, until the rice is hot and the grains are mostly separate, not clumped. Toss in the green onions and season to taste with soy sauce.

## Chinese 12-Spice Popcorn

1/2	cup	popcorn (approx 12 cups popped)
5	Tbsp	melted butter
1	Tbsp	<b><u>"Rub with Love" Chinese 12-Spice or your favorite flavor</u></b>

Pop the Corn and toss with melted butter and spicerub. Enjoy!

**Sweet Pea Flan**- *A nice, creamy flan - a delicious counterpoint to all the spice rubs.*

2	Cups	Peas, fresh
2	Cups	Heavy cream
6		Eggs
2	tsp	<b>Minor's Chicken Base</b>
		Freshly ground black pepper

Blanch peas — submerge in boiling water for 2 minutes, drain and run under cold water. Puree and run through a fine food mill, to make approximately 1 1/3 cup puree. Combine all ingredients and then pour into buttered 6 oz. ramekins, until 3/4 full. Place ramekins in an ovenproof baking pan and pour water into pan until level rises 2/3 up the side of the ramekin. Bake at 325°F for 40 minutes or until just set. (To test for doneness, insert the tip of a knife down the side of a ramekin. The flan should be slightly firm, not runny.) Remove ramekins from water bath. Allow to cool to room temperature. Can be served at room temp or reheated in oven. Run a knife around edge and then invert flans

**Onion And Sweet Cherry Relish** - *This simple relish celebrates the Washington cherry and Vidalia or other sweet onion onion season. A perennial favorite at Tom's restaurants, serve it with grilled Rub with Love pork, chicken or lamb.*

2		Vidalia or other sweet onion onions, medium
		Olive oil
1/2	Pound	Cherries, sweet, pitted and halved
1/4	Cup	Balsamic vinegar
1/4	Cup	Port
1/2	tsp	Black pepper, freshly ground

Fire up the grill. Peel and thickly slice onions crosswise. Brush onion slices with olive oil and grill on both sides until soft and well marked by the grill. Remove onions to a cutting board and coarsely chop. In a bowl, combine onions, cherries, balsamic vinegar, port, and black pepper. Set aside to allow the flavors to mingle for 15 minutes or more and serve at room temperature.

**Pico De Gallo (fresh tomato salsa)** - *Serve with grilled Rub with Love Chicken or grilled Rub with Love pork.*

6		Roma tomatoes, seeded and diced small
1/2	Cup	Onion, diced
1/4	Cup	Cilantro, chopped
1		Jalapeno, stemmed, seeded, and minced, or to taste
2	Tbsp	Lime juice, fresh
		Salt

In a bowl, combine the tomatoes, onion, cilantro, jalapeno, and lime juice. Season to taste with salt. Serves 6

**Roasted Sweet Onion Puree** - *Great with all of our rubs.*

Cut 3 Vidalia or other sweet onion onions in half and place cut side down in skillet with 1 Tbs olive oil. Place in 350-degree oven until soft (30-40 minutes). Peel off dry outer skin and pass through a food mill on the fine setting. Add a little prepared Minor's chicken stock until puree is a creamy consistency. Season with freshly ground black pepper. Spoon around grilled meats or poultry.

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## **Broiled Scallop Skewers with Pineapple Sambal**

20	Lg.	Sea scallops
		Wooden skewers
4	tsp	<b><u>Rub with Love Seafood Rub</u></b>
Oil		For brushing
1	C	Pineapple, fresh, chopped
1	Tbsp	Red onion, finely chopped
1	Tbsp	Cilantro, chopped
2	tsp	Lemon juice, fresh
2	tsp	Olive oil
½	tsp	Sambal olek or other hot chili paste
1/2	tsp	salt
		Black pepper, a few grinds

Thread 5 scallops on each skewer, brush with oil and sprinkle with Seafood Rub. Preheat broiler to high. Broil Scallop skewers 1 – 2 minutes on each side until cooked through and opaque. Serve scallops, if desired, with steamed white rice, lime wedges and pineapple sambal.

For Pineapple Sambal:

Combine pineapple, red onion, cilantro, lemon juice, olive oil, sambal olek, and salt and pepper in a bowl. Serves 4

## **Easy Peri Peri Dip**

1	Cup	Sour Cream
1	Cup	Yogurt
2	Tbsp	<b><u>Rub with Love Peri Peri Rub (Or Pork Rub)</u></b>

Mix together and serve with veggies or chips. Also try substituting “Rub with Love Pork Rub.”

## **Smoked Paprika Oven-Fried Sweets**

2 ½	Pounds	Medium size sweet potatoes
6	Tbsp	Olive oil
1	Tbsp	<b><u>Rub with Love Smoked Paprika</u></b>
		Kosher salt and freshly ground pepper

Preheat oven to 450 degrees. Cut the sweet potatoes lengthwise into ½ -¾ inch thick wedges. Place in large bowl, toss with the Smoked Paprika, season generously with salt & pepper then toss with the oil. Divide between 2 baking sheets and spread evenly (be sure to get all the oil & spices from the bowl). Roast for 15-20, then turn the wedges and roast for approx 15 minutes until the potatoes are tender and nicely browned. Remove from oven and season to taste with salt & pepper. Serve immediately.

## **Grilled Turkey with Nectarine Relish**

4 - 8	Oz	Turkey fillets, skinless, boneless, 1/2” thick
		Olive oil, for brushing
3	Tbsp	<b><u>Rub with Love Chicken Rub or Turkey Rub</u></b>
3		Medium Nectarines, pitted, thinly sliced
1	Tbsp	Honey
2	tsp	White wine vinegar
1	Tbsp	Olive oil
1	Tbsp	Basil leaves, julienne
		Salt
		Black pepper, freshly ground

Fire up the grill. Pat the Chicken Rub on both sides of the turkey fillets. Grill the turkey over medium direct heat, turning as needed, until done, about 10 minutes. Remove the turkey from the grill and serve with nectarine relish. For Nectarine Relish: Combine nectarines, honey, vinegar, olive oil and basil in a bowl. Season to taste with salt and pepper. Serves 4

## **Pea & Arugula Salad**

*Perfect with the curry flavors of the Rub with Love Seafood Rub - try it with scallops*

**Aioli** (prepare in advance).

Combine ¾ cup mayonnaise with 2 Tbsp. **Minor's Aioli Concentrate**.

Refrigerate until ready to use.

**Salad**

3 C	English peas, shelled
1 Tbsp	Lemon juice, fresh squeezed
1 Tbsp	Extra virgin olive oil
1 Tbsp	Shallots, finely chopped
2 bunches	Arugula, picked over, washed and dried
1/2 C	Asiago (or Granna, or Parmigiano-Reggiano) cheese, shaved with a vegetable peeler.

Blanch peas for a few minutes in a pot of boiling water, until just barely cooked. Drain peas and immediately plunge them into a bowl of ice water. When peas are cool, drain well. Put 4 tablespoons prepared Aioli mixture in a large bowl. Add peas, shallots and arugula. Toss. Season with salt and freshly ground black pepper to taste. Pull the dressed arugula leaves from the bowl, and divide them among six salad plates, mounding the leaves in the center of each plate. Divide the dressed peas among the plates and garnish each serving with cheese curls and lemon wedges. Serves 6

## **Cornmeal Onion Rings** -A great match with *grilled Rub with Love Steak*.

2		Lg Onions, peeled and sliced 1/4 inch thick and separated into rings
4	Cup	Flour
2	Cup	Buttermilk
11/2	Cup	Cornmeal
1	Tbsp	Paprika
1	tsp	Salt
2	tsp	Cayenne
1	tsp	Thyme, dried
1/4	tsp	Black pepper, freshly ground
		Peanut oil for frying

Set out three bowls for breading onion rings. In the first bowl place 2 C flour. In the second bowl place the buttermilk. In the third bowl, combine the remaining 2 C flour with the cornmeal, paprika, salt, cayenne, thyme, and black pepper. Dip the onion rings first in the flour, then in the buttermilk, and then in the seasoned cornmeal mix. Set the breaded onion rings on parchment paper lined baking sheets. Place breaded onion rings in the refrigerator for 1 hour to set. Heat a straight-sided pan with at least 2 inches of oil, no more than halfway up the sides, to 350° F, checking with a deep-fry thermometer. Fry the onion rings until golden, then drain on paper towels.

## **Cucumber Yogurt** *Serve with grilled Rub with Love Lamb or Rub with Love Seafood*

¾	Cup	Cucumber, peeled, seeded and grated
¼	tsp	Salt
1 1/2	Cup	Yogurt, plain
2	Tbsp	Cilantro, chopped
2	Tbsp	Mint, chopped
1	Tbsp	Lime juice, fresh
1/2	tsp	Lime zest, grated
		Salt and freshly ground black pepper to taste

Sprinkle the grated cucumber with the teaspoon of salt and place it in a sieve set over a bowl. Allow the cucumber to drain for half an hour. Use your hands to squeeze as much liquid as possible from the cucumber, discarding all cucumber liquids. In another bowl, combine the drained cucumber with the yogurt, cilantro, mint, lime juice and zest. Season to taste with salt and pepper. Keep chilled. Serves 6

### **Butternut Squash Risotto**-Delicious with **Rub with Love Chicken or Salmon**.

1/2		Medium Butternut squash, about 1/4 pound
2	tsp	Olive oil
4	Tbsp	Soft butter, divided
2	Cup	Arborio rice
6-8	Cup	Prepared <b>Minor's Chicken stock</b> , heated to a simmer
2	Cloves	Garlic, minced
1	Cup	Parmesan cheese, freshly grated
2	Tbsp	Chopped mixed fresh herbs, such as rosemary, thyme, and sage
		Salt and freshly ground black pepper
		Fresh sage leaves for garnish

Preheat oven to 350°F. Scrape the seeds out of the squash half; brush the cut surfaces with the olive oil and place on a baking sheet. Bake for about 40 to 45 minutes or until flesh of squash is very soft. Remove squash from the oven and scoop out the flesh. Coarsely chop the squash and set aside. Melt half the butter over medium high heat in a large sauté pan. Add the raw rice and stir until grains are coated with butter. Add the minced garlic and stir for a minute. Start adding the simmering chicken stock, one cup at a time, only adding more chicken stock when the rice has absorbed almost all of the stock already in the pan. Stir frequently. When rice is cooked to the al dente stage, add the rest of the butter, the roasted squash, Parmesan cheese and herbs. Add a little more chicken stock, just enough to make the risotto soupy and creamy in consistency. Season to taste with salt and black pepper. Serve hot garnished with fresh sage leaves.

### **Corn and Blueberry Relish** - for grilled **Rub with Love Salmon**

5	ears	Corn, husked
1		Small Vidalia or other sweet onion sliced into 1/4 inch thick rings
		Olive oil for brushing
1	pint	Blueberries, picked over, rinsed and drained
1/2		Red bell pepper, finely diced (about 1/3 cup)
5	Tbsp	Lime juice, fresh
1/4	Cup	Olive oil
		Salt and freshly ground black pepper to taste
1		small bunch fresh basil leaves, (about 1/3 cup, julienned)

Fire up the grill. Brush corn and onion rings lightly with olive oil and grill over direct heat, turning, until corn is cooked and slightly charred here and there and onion rings are softened and marked by the grill, about 8 to 10 minutes. Remove corn and onions from the grill. Shave corn kernels from cobs with a sharp knife, breaking up clumps of corn that stick together. Dice the grilled onion rings and combine with the corn kernels in a bowl. Add the red bell pepper, blueberries, lime juice, and olive oil to the bowl. Combine everything and season with salt and pepper to taste. Just before serving, cut basil leaves into fine shreds and toss with corn relish. Serve with Rub with Love spice rubbed and grilled salmon. Serves 6

### **Pickled Red Onions**

*(Note: the onions need to pickle for at least an hour, so plan accordingly.)*

1/3	Cup	White wine vinegar
1/4	Cup	Water
2	Tbsp	Sugar
1		Small red onion, thinly sliced

Combine the vinegar, water and sugar in a small saucepan and bring to a boil, stirring to dissolve the sugar. Place the onions in a heatproof dish and pour the boiling liquid over them. Allow the onions to cool in the liquid, then cover and refrigerate at least one hour.

### **Grilled Pork Tenderloin and Grilled Corn with Cumin Butter**

2		Pork tenderloins, about 1 lb each
3	Tbsp	<b>Rub With Love Pork Rub</b>
Oil		For brushing
3	Tbsp	Butter, room temperature
½	tsp	Cumin, ground
1/2	tsp	Orange zest, grated
½	tsp	Salt
		Black pepper, freshly ground, a few grinds
4	Ears	Corn, husked

Brush each tenderloin with a little olive oil, then pat Pork Rub evenly over entire surface. Fire up the grill. Grill tenderloins over medium indirect heat until done (150°F on an internal meat thermometer), 15 – 20 minutes, depending on the heat of the grill, turning as needed. Remove from the grill and allow meat to rest for 5 minutes, the slice and serve with grilled corn.

For Grilled Corn: To make cumin butter, mix butter, cumin, orange zest, salt and pepper together in a small bowl. Grill corn over a direct fire, medium heat, turning on all sides, until done and lightly charred in places, about 8 minutes. Remove corn from grill and slather with cumin butter. Serves 4

### **Pan-Seared Prawns with Cucumber Pickles**

1½	Tbsp	Vegetable oil
1	lb	Prawns, large, shelled, de-veined, with tails on
2	Tbsp	<b>Rub with Love Spicy Tokyo Rub</b>
1		Large Cucumber, peeled, cut in 1/2 lengthwise, seeded
3/4	Cup	Rice wine vinegar
1/4	Cup	Water
3	Tbsp	Sugar
2	tsp	Ginger, fresh, grated

Heat oil in a non-stick skillet over high heat. Add the prawns, sear 1 minute, turn and sprinkle with Tokyo Rub. Cook another 2 minutes, turning the prawns as needed, until firm, pink and lightly charred. Serve the prawns with steamed white rice, if desired and cucumber pickles. For Cucumber Pickles: Thinly slice the cucumber and place it in a heatproof bowl. Combine the vinegar, water sugar and ginger in a small saucepan and bring it to a boil, stirring to dissolve the sugar. Pour the boiling brine over the cucumber; refrigerate at least 1 hour, then drain. Serves 4

### **Roast Chicken with Orange Pine Nut Couscous**

1		Whole Chicken, about 3 1/2 lbs, rinsed and dried
2	Tbsp	<b>Rub with Love Chicken Rub</b>
2	Tbsp	Butter, melted
1	Cup	Couscous
1	Tbsp	White wine vinegar
2	tsp	Honey
2	tsp	Orange zest, grated
1/4	Cup	Olive oil
1/4	Cup	Pine nuts, toasted
		Salt and pepper

Preheat oven to 425°F. Pat the 12 Spice Rub evenly over the chicken and place on a rack in a roasting pan. Roast until an internal thermometer reads 175°F, about 1 1/4 hours. Using a bulb baster, baste occasionally with butter or pan drippings. (Cover chicken loosely with foil if spices are getting too dark) Remove from oven, let meat rest 10 minutes, then carve and serve with couscous. For the Couscous: Bring 1 1/2 C water and 1/2 tsp salt to a boil. Add the couscous, cover, remove from heat and let stand 5 minutes. Fluff with a fork. Whisk together the vinegar, honey, orange zest and olive oil and pour it over the couscous. Stir in the pine nuts and season to taste with salt and pepper. Serves 4

## Salmon Poor Boys with Chive Remoulade

4 -4-5	oz	Salmon fillets
3	Tbsp	<b><u>Rub With Love Salmon Rub</u></b>
2	Tbsp	Olive oil
1/3	Cup	Mayonnaise
2	tsp	Capers
2	tsp	Chives, chopped, fresh
1/2	tsp	Lemon zest
1/2	tsp	Lemon juice, fresh
	Dash	Tabasco, or to taste
		Poor Boy rolls or sandwich sized lengths of baguette
		Lettuce leaves

Pat Salmon Rub over both sides of each fillet. Heat olive oil in a large skillet. Cook the salmon fillets on both sides over medium heat, watching carefully so rub does not burn. Cook to desired doneness, about 6-9 minutes. Remove the salmon from pan. For Chive Remoulade: combine the mayonnaise, capers, chives, lemon zest and juice, and Tabasco in a bowl. Split the rolls or baguettes and slather them with Chive Remoulade. Fill the rolls with the salmon and lettuce leaves. Serves 4

## Steak Fajitas with Avocado Salsa

1		Flank Steak, 1 1/2 – 2 lbs
2	Tbsp	<b><u>Rub with Love Steak Rub</u></b>
		Oil for brushing
		Flour tortillas
1		Avocado, peeled, pitted, diced
2	tsp	Lime juice, fresh
2	Tbsp	Red onion, minced
2	tsp	Cilantro, chopped
3/4	tsp	salt
		Dash Cayenne

Brush the flank steak with a little olive oil and pat Steak Rub over each side. Fire up the grill. Grill flank steak over direct heat, turning as needed, 4 – 5 minutes per side for medium rare, depending on the heat of the grill. Remove steak from grill. Wrap tortillas in foil and heat on the grill over indirect heat, turning until warm. For Avocado Salsa: Combine avocado with lime juice, red onion, cilantro, salt and cayenne in a small bowl. Stir gently. Slice flank steak thinly, across the grain and serve with warm flour tortillas and avocado salsa. If desired, set out bowls of sour cream, thinly sliced red onion, and pickled jalapeño. Serves 4

## Rub with Love Chicken Spice Rubbed and Pan-Roasted Catfish

4	6 ounce	Catfish fillets
3	Tbsp	<b><u>Rub with Love Chicken Rub</u></b>
3	Tbsp	Olive or vegetable oil, as needed

Preheat the oven to 450°F. Meanwhile, pat the Chicken Rub all over both sides of the catfish fillets. Allow the catfish to rest 5 minutes. Heat the oil in an ovenproof skillet over medium-high heat. Pan fry the catfish on one side until golden, about 3 or 4 minutes. Turn the fillets over and put the pan in the oven until the fish is just cooked through, about 3 or 4 minutes more. Serves 4

## Rub with Love Salmon Rub Grilled Salmon with Lemon and Lime Zests

		Olive oil for brushing
5	Tbsp	<b><u>Rub with Love Salmon Rub</u></b>
8	7-ounce	Salmon fillets, skin off
1		Lime
1		Lemon

Fire up the charcoal grill for medium-hot direct heat. Lightly brush the salmon on both sides with oil. Generously coat the salmon fillets on both sides with the spice rub. Grill the salmon over direct heat, covered, with the vents open. When the salmon is marked by the grill, use a spatula to flip the fish to the other side and finish cooking. Watch your salmon carefully while you are grilling to be sure the sugar in the rub doesn't burn. Move the salmon to a cooler part of the grill if necessary. The time it will take to cook the salmon will vary depending on the heat of the grill and the thickness of your fillets, about 9 to 12 minutes total time. When the salmon is cooked, remove the fillets from the grill and place them on a large platter. Using a microplane or other small grater, zest the lemon and the lime directly over the fillets. Serve. Serves 8

## Baby Back Pork Ribs with Rub with Love Pork Rub and Ancho & Molasses BBQ Sauce

2	racks	Pork baby back ribs
6	Tbsp	<b><u>Rub with Love Pork Rub</u></b>
1	cup	<b><u>Rub with Love Ancho &amp; Molasses BBQ Sauce</u></b>

Fire up the grill. Pat rub on both sides of rib racks. Cook ribs over indirect medium heat with grill covered, turning as needed. Grill until cooked through and tender, about 1 hour. During the last 5 minutes of cooking time, brush the ribs on both sides with sauce, turning frequently to glaze the sauce on the ribs. Remove ribs from grill, slice between rib bones, pile on a platter and serve, passing additional sauce. Serves 4

## Grilled Chicken Sandwiches

4		Boneless, skinless chicken breasts
		Vegetable or olive oil
2	Tbsp	<b><u>Rub with Love Pork or Chicken Rub</u></b>
4		Burger buns or Kaiser rolls, split and toasted
		Mayo, seasoned to taste with Tabasco
		Lettuce leaves
		Pickled Red Onions (optional, see recipe page 10 )

Fire up the grill for medium hot direct heat. Brush the chicken breasts with oil then pat the pork rub all over both sides. Allow to rest 5 minutes. Grill chicken over direct heat on both sides until cooked through, about 10 to 12 minutes, watching carefully so sugar in rub does not burn. Remove the chicken from the heat. Slather the buns with mayo and fill them with the chicken, lettuce leaves, and pickled red onions if desired. Serves 4

## Rub with Love African Peri Peri Chicken Wings - Serve as appetizer

12		Chicken wings
3	Tbsp	<b><u>Rub with Love African Peri Peri Rub</u></b>
		Easy Peri Peri Dip (optional, see recipe page 2)

Fire up the grill for medium direct heat. Pat the African Peri Peri Rub all over the wings and let them rest 5 minutes. Grill the wings on both sides, turning as needed, until they're cooked through, about 15 to 18 minutes. Cut into one of the wings to make sure no pink remains near the bone. Remove from the grill and serve with Easy Peri Peri Dip (optional). Serves 4

## **Lamb Chops with Rub with Love Exotic Mushroom Rub**

*Tom likes to sprinkle just a little more rub on the chops after they're cooked to help bring out the fresh and fruity notes of the **Exotic Mushroom Rub**.*

8 Lamb loin chops, about 1 1/2-inches thick and about 5 ounces each  
2 Tbsp plus 2 tsp **Rub with Love Exotic Mushroom Rub**  
2 Tbsp Olive oil, or as needed  
Tarragon Mustard (optional, see recipe below )

Set aside 2 teaspoons of the Exotic Mushroom Rub. Pat the remaining rub over both sides of the chops, dividing it evenly. Let the lamb chops rest 5 minutes to allow the juices of the lamb to form a crust with the spices.

**To pan roast:** Preheat the oven to 450F. Heat the oil in a very large oven-proof skillet over medium-high heat. (Or divide the oil and the chops between 2 skillets.) When the pan is hot, sear the lamb chops for a few minutes on each side. Put the skillet in the oven and cook the chops to the desired doneness. (For medium rare, pull the chops from the oven when they are 125F on an instant reading meat thermometer. The temperature will increase a few degrees as the chops rest.)

**To grill:** Brush the lamb chops with oil. Grill over medium direct heat to desired doneness, turning every 3 to 4 minutes, as needed. Serves 4-8

## **Tarragon Mustard**

1/2 Cup Finely chopped shallots  
2 Tbsp Unsalted butter  
1/2 Cup Dijon mustard  
1 Tbsp Coarsely chopped fresh tarragon

Melt the butter in a small skillet over medium-low heat. Add the shallots and cook until soft and translucent, about 8 minutes, stirring occasionally. Turn the heat up to medium-high and continue cooking a few more minutes, stirring, until the shallots are caramelized golden brown. Remove from the heat. Put the mustard in a small bowl and stir in the tarragon.

## **Smoky Rubbed and slow roasted pork butt with Ancho & Molasses BBQ Sauce !**

1 Pork butt/shoulder roast – approx 3 pounds (either bone in or bone out)  
4 Tbsp **Rub with Love' Smoky Barbecue Rub**  
**Rub with Love' Ancho & Molasses BBQ Sauce**

Fire up a covered grill for indirect heat. Generously pat 'Rub with Love' Smoky Barbecue Rub on all sides of the meat. Grill the pork butt over indirect heat, with the grill covered and the vents fully open. If your grill has a thermometer, keep the temp at about 350. Barbecue slowly, turning it occasionally and adding coals as necessary for about 2 1/2 to 3 hours, until the meat is very tender and shreds easily with a fork. Remove the pork from the grill, allowing the meat to rest for at least 10 minutes; then slice it across the grain, pulling off and discarding any large chunks of fat. To serve the roast, chop or slice and saute in a pan over medium heat, stirring occasionally. Add enough 'Rub with Love' BBQ sauce to moisten the meat well. Heat through and serve. Delicious on sandwich buns or in tacos.

**Note:** If you prefer to cook indoors, place the spice-rubbed pork butt on a roasting rack in a baking dish and roast in an oven preheated to 350 degrees for 2 1/2 to 3 hours. This recipe can also be done in a crock pot by placing the spice-rubbed pork roast on some sliced onions in the crock pot, adding approx 3/4 cups water or stock and cooking on low for 8-10 hours. Serves 6

## **Smoky BBQ Rub Butter for Grilled Corn on the Cob**

8 Tbsp Unsalted butter, softened  
2 Tbsp **Rub with Love Smoky BBQ Rub**  
1 1/2 Tbsp Molasses  
6 Fresh ears of corn, schucked  
Kosher or sea salt to taste

In a food processor, or in a bowl with a rubber spatula, combine the butter, rub and molasses. Transfer the flavored butter to a small bowl and set aside. Fire up the grill. Place corn directly on the grill and grill until done, about 8 minutes over a medium heat, turning as necessary to brown evenly. Remove the corn from the grill and slather with the smoky BBQ butter. Season to taste with salt. Serves 6

**Note:** If you prefer not to grill, you can boil the corn until done, and then slather with butter.

## **Smoky BBQ Rubbed and Grilled Burgers with Queso Fresco & Avocado**

1 1/2 Pounds Ground meat  
3 Tbsp **Rub with Love Smoky BBQ Rub**  
4 Hamburger buns  
Olive oil for brushing  
1/2 Cup Crumbled queso fresco or substitute 4 slices jack or cheddar cheese  
1 Large, ripe avocado, pitted, peeled and sliced

Fire up the grill. Form the ground beef into 4 patties. Pat the rub over both sides of the patties. Grill burgers over direct heat turning as needed until done to your liking (8-10 min for medium depending on the grill for the last 2 minutes. At the same time you're grilling the buns, sprinkle 2 Tbsp queso fresco (or sliced cheese) on the top of each burger. When the cheese is melted and buns are toasted, remove from grill and serve with sliced avocado.

## **Smoky BBQ Rubbed and Grilled Fish Tacos**

3 Tbsp **Rub with Love Smoky BBQ Rub**  
1 1/2 Pounds Halibut filets (sub. cod, salmon or other firm fish)  
Olive oil, as needed  
12 Corn or flour tortillas  
Lime Wedges  
Hot Sauce or fresh tomato salsa if desired

Fire up the grill for medium direct heat. Lightly brush the fish on both sides with oil and pat the rub on both sides. Allow to rest for 5 minutes. Wrap the tortillas in stacks of 4 in foil and heat on coolest part of the grill turning a few times for a total of 12-15 min. Brush the grill gates with oil. Grill the fish, turning once, until done to your liking, approx 8-10 min watching carefully so the rub does not burn. Remove fish and tortillas from the grill and serve with lime wedges and salsa, if desired, allowing each guest to assemble their own tacos.

## **Rub with Love Salmon Rubbed and Grilled Shrimp Skewers**

20 Large shrimp, shelled and deveined, tails on  
Bamboo or metal skewers  
Olive oil, as needed  
2 Tbsp **Rub with Love Salmon Rub**  
Blueberry Corn Relish (optional, see recipe page 10)

Fire up the grill for medium hot direct heat. Thread the shrimp 5 to a skewer. Brush the shrimp with olive oil and sprinkle with Salmon Rub on both sides. Allow the skewers to rest 5 minutes. Brush the grill grates with oil and grill the skewers, turning as needed, until cooked through and opaque, about 4 minutes. Remove from the grill and serve with Blueberry Corn Relish if desired. Serves 4

## Tom's Turkey Tips:using Rub with Love Turkey Rub

1. Roast your turkey without stuffing and un-strussed. Bake the stuffing in a casserole on the side. The turkey will roast more quickly, be juicier and your stuffing will have a nice crisp top.
2. If you are cooking for a large group and want moist meat and crisp skin, it's better to roast two medium size turkeys than one huge bird.
3. Use a bulb baster to baste your turkey instead of a brush and you won't dislodge the spice crust.
4. When making gravy, add a little "Rub with Love" Turkey rub for seasoning instead of salt & Pepper.
5. Don't forget to let your roasted turkey rest 10 to 20 minutes before carving to give the juices time to settle.
6. Pass "Rub with Love" Turkey rub at the table to sprinkle on the turkey for a little extra flavor.
- 7.If you buy a frozen turkey, make sure you allow enough time (at least 3 days) to thaw in the refrigerator rather than under cold running water. The fridge maintains a consistent, safe temperature and the texture of the meat will be better.

## Rub with Love Turkey Rub for Brine

*The purpose of brining a turkey is to help retain moisture when cooked. The sugar in the brine also contributes to a golden browned skin, and the salt seasons the bird inside and out. However, the flavor of the spices in the rub are more subtle when used in a brine than when patted on the exterior of the bird.*

1	Jar	<b><u>Rub with Love Turkey Rub</u></b>
1	Cup	Brown sugar
½	Cup	Kosher Salt
1		Fresh or fully thawed turkey* (up to 16 lbs, cavity cleaned and rinsed)

To make the brine, add the rub, sugar,salt and one gallon of cold water in large container-whisk to dissolve. Place your turkey in a large, deep, non-reactive container\*\* or in a turkey-sized plastic brining bag set in a container. Add the brine and refrigerate overnight. When you are ready to roast the turkey, remove from brine and discard the brine. Pat turkey dry and cook as desired.

\*Use a turkey with no added ingredients. Do not use a pre-basted or Kosher turkey for brining because these already contain added salt.

\*\*Depending on the shape of your container, or if you are using a larger turkey, you may have to add more water to be sure the turkey is fully submerged, or double the recipe.

## Grilled Burgers with Steak Rub

1½	Pounds	Ground beef
3	Tbsp	<b><u>Rub with Love Steak Rub</u></b>
4		Hamburger buns
		Lettuce, sliced tomatoes, and sliced onions, if desired
		<b><u>Ancho Molasses BBQ Sauce</u></b>

Fire up the grill. Form the ground beef into 4 patties. Pat the Steak Rub over both sides of the patties. Grill burgers over medium hot coals, turning as needed, until done to your liking. Serve on hamburger buns with lettuce, tomatoes, and onions, and pass the Ancho Molasses BBQ Sauce. Serves 4

## Smoky Eggplant Spread

2		Globe eggplants (approx 1 ½ pounds each)
½		Medium onion, sliced into 1/3 inch thick rings
2 Tbsp plus 1 tsp		<b><u>Rub with Love Smoky BBQ Rub</u></b> (divided)
1/3	Cup	Extra virgin olive oil plus more for grilling
1	Tbsp	Chopped garlic
3	Tbsp	Tahini
2 Tbsp plus 1 tsp		Fresh lemon juice
2	Tbsp	Chopped parsley
		Kosher salt and freshly ground black pepper

Fire up the grill. Poke the eggplants with a fork and grill until blackened on all sides and very soft (approx 20-30 min). Brush the onion lightly with olive oil, sprinkle 1 Tbsp of the rub on both sides and grill until softened (7-10 min). When cool, cut the eggplants in half lengthwise and scoop out the pulp-discard the skins. Chop the pulp and place in a bowl-you should have about 2 ½ cups. Finely chop the grilled onions, add to eggplant and set aside. Heat 1/3 cup olive oil in a small pan over medium heat, add the garlic and saute gently for a few min. Remove from heat and stir in remaining rub before adding to eggplant mixture. Combine tahini and lemon juice then add to eggplant mixture. Add the parsley and mix well. Season to taste with salt and pepper. Serve with pita bread, sliced baguette or crackers. Serves 6-8

## Spicy Tokyo Rubbed Pan Seared Salmon

4	6 ounce	Salmon fillets,
3	Tbsp	<b><u>Rub with Love Spicy Tokyo Rub</u></b>
2	Tbsp	Vegetable oil

Pat the Tokyo Rub over both sides of each fillet. Allow salmon to rest 5 minutes. Heat the oil in a large skillet. Cook the salmon on both sides over medium heat, watching carefully so rub does not burn, to desired doneness, about 7 to 10 minutes. Serves 4

## Rub with Love Seafood Rubbed Chicken Skewers

4		Bamboo or metal skewers
1½	Pounds	Boneless, skinless, chicken thighs, cut into 1 1/2-inch pieces
2	Tbsp	<b><u>Rub with Love Seafood Rub</u></b>
		Olive oil
		Cilantro Mint Chutney (optional, see recipe below)

Fire up the grill. Divide the chicken between the skewers. Set the skewers on a large plate, then brush them with olive oil and pat the Seafood Rub on all sides. Allow the skewers to rest 5 minutes. Grill the chicken skewers, turning as needed, until cooked through, about 12 to 14 minutes. Remove from the grill and serve with Cilantro Mint Chutney if desired. Serves 4

## Cilantro Mint Chutney

½	Cup	Mint leaves, picked from the stem
1/2	Cup	Cilantro leaves, picked from the stem
1	Tbsp	Grated fresh ginger
1/4	tsp	Red chili flakes
2	Tbsp	Plain yogurt, or as needed
		Kosher salt

Blend all ingredients in a blender or food processor until smooth. Add more yogurt if needed to make a smooth paste. Season to taste with salt.