

# READY IN MINUTES: TRY RUBS!

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Have you tried our flank steak recipe? Try out rubs as a simple and quick way to add flavour to your summer grilling. A spice rub may consist of ground spices, seasonings and herbs and is being rubbed on uncooked food.

Ready in minutes, these spice-based mixes take seconds to apply to vegetables, meat, fish, and poultry. **Dry rubs** are patted onto foods. **Wet rubs** have moister ingredients such as oil or yoghurt, which make them spreadable.

Grocery stores sell a variety of spice rubs but many of them contain chemical preservatives and salt. We therefore encourage you to make your own!

## *Here are some easy combinations:*

- *Paprika, chili powder, black pepper*
- *Garlic, onion powder, dried basil and oregano*
- *Chili peppers, lime juice, fresh garlic and cilantro*

Heartier foods require a stronger flavoured rub: for example, paprika and chili peppers go well with salmon and steak. Chicken breast and mild fish require a milder rub, like oregano and thyme.

## **How long should a rub stay on?**

The rub should be applied prior to cooking. Wet rubs are best applied just before cooking because they tend to dull quickly.

How long a dry rub should stay on the food depends on the type and size of the food item. 15-30 minutes stay-on time before barbecuing is usually enough for smaller food items such as chopped vegetables, chicken breast, steaks and fish fillets. Larger items such as whole chicken and roasts should be rubbed 60-90 minutes before cooking. The food items should remain covered in the fridge until you are ready to use them.

Dry rubs can be stored in containers for months but be sure that none of the rub mixture comes in contact with uncooked meat before storing.