



CREATE YOUR OWN BLENDS AND RUBS

Seasoning blends and rubs add flavor to meats, poultry, fish, and vegetables without adding many calories. Try making your own at home; they won't have preservatives and you can control the amount of salt and sugar.

HOW TO MAKE SEASONING BLENDS

1. Measure all ingredients and place them in a bowl.
2. Stir well to combine.
3. Store in an airtight container in a cool, dry place. Mix well before using.

HOW TO MAKE A RUB

A rub is a mixture of herbs, spices, salt, and sometimes sugar that is rubbed into meat, poultry, or fish before cooking. Wet rubs have just a touch of oil or other moist ingredients. Rubs work well on foods that will be broiled, roasted, or grilled.

1. Measure all ingredients and place them in a bowl.
2. Stir well to combine.
3. For smaller cuts of meat, poultry, or fish, spread or pat on the rub right before cooking. For larger cuts of meat, pat on the rub 24 hours before cooking and keep the meat refrigerated.

QUICK GUIDE TO SHELF LIFE

A rough guideline for how long to keep herbs and spices

Ground Spices	2 – 3 years
Whole Spices	3 – 4 years
Herbs	1 – 3 years
Seasoning Blends	1 – 2 years
Extracts	4 years



QUICK TIP: Dried herbs are usually more potent and concentrated than fresh. Typically, you will need three times the amount of fresh as dry. For example, if a recipe calls for 1 tablespoon fresh oregano, you need only 1 teaspoon of dried.

SWEET AND SPICY RUB

SAVORY SPICE BLEND

INGREDIENTS

- 2 tablespoons packed light brown sugar
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper

DIRECTIONS

1. Measure all ingredients and place them in a bowl; mix well.
2. Rub on meat, poultry or fish before grilling, roasting or broiling.
3. Store in tightly covered jar in cool, dry place. To prevent brown sugar from drying, wait until ready to use to add brown sugar.

INGREDIENTS

- 1 1/2 teaspoons dried oregano leaves
- 1 teaspoon ground cinnamon
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1/2 teaspoon ground ginger
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

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FLAVOR TIPS

Look at the color of your herbs and spices. Green, leafy herbs fade in color as they age. Red spices such as paprika, red pepper and chili powder turn brown.

Check for flavor by placing a small amount in your palm and gently rubbing against your palm. Break or scrape whole spices to release their fragrance. The aroma should be full and immediate.

Before adding fresh or dried spices and herbs to cold recipes, such as dips or salad dressings, allow the food to sit in the refrigerator for at least a couple of hours before serving so flavors can blend.

Add fresh spices and herbs to hot dishes as close to serving time as possible for the most flavorful results. Dried herbs and spices can be added early in the cooking process.



GET THE MOST FLAVOR

BUY SPICES WHOLE AND GRIND THEM AT HOME

Whole spices have a longer shelf life; fresh-ground spices have a superior aroma and taste. For example, black peppercorns begin losing the volatile compounds that gives them bold aroma and flavor as soon as they are cracked.

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