

# SPICE BLENDS



## BBQ Rub

¼ cup packed brown sugar  
1 tsp smoked paprika  
1 tsp garlic powder  
1 tsp onion powder  
1 tsp ground mustard  
½ tsp cayenne pepper  
½ tsp chili powder  
½ tsp salt

From People Weekly, October 16, 2017 issue

## Spicy Sweet Indian Marinade

1 teaspoon salt  
1 teaspoon freshly ground pepper  
2 teaspoons garam masala  
1 teaspoon paprika  
½ teaspoon cayenne pepper (more or less to taste)  
½ teaspoon ground cumin  
2 Tb of vegetable or olive oil  
2 Tb honey

From [American Masala - 125 New Classics from My Home Kitchen](#) by Suvir Saran

## Shawarma Blend

Use on chicken or lamb  
Equal amount of each ingredient – easy to scale up or down  
Add 1-2 tablespoons of oil to spices to use as marinade  
Use as a dry rub for slow cooking or grilling

1 tsp cumin  
1 tsp coriander  
1 tsp garlic powder  
1 tsp allspice  
1 tsp cinnamon  
1 tsp black pepper

## Jamaican Jerk Seasoning

Used on chicken or pork  
Use dry as a rub for grilling, baking, or pan frying  
Add oil to use as marinade

2 tsp salt  
2 Tb brown sugar  
2 tsp allspice  
1 tsp cayenne pepper  
½ tsp ground black pepper  
½ tsp cinnamon  
½ tsp nutmeg  
½ tsp garlic powder  
½ tsp cumin  
¼ tsp dried thyme  
¼ tsp ground cloves