



HAPPY HOLIDAYS!

TO:

FROM:

Gourmet Spice Rubs

Spanish Rub: Combine 6 tablespoons smoked paprika, 3 tablespoons each regular paprika, dried cilantro and coarse salt, 1 tablespoon ground dried lemon peel and 1½ teaspoons freshly ground pepper.

Try it on pork chops, beef tenderloin or shrimp.

Tuscan Spice Rub: Grind 1 tablespoon fennel seeds in a spice grinder or a mortar and pestle until coarsely ground. Combine with 6 tablespoons dried basil, 3 tablespoons each garlic powder and coarse salt, 2 tablespoons each dried rosemary and dried oregano.

Try it on boneless, skinless chicken thighs, salmon steaks or lamb chops.

Indian Spice Rub: Combine 6 tablespoons curry powder, 3 tablespoons coarse salt, 4 teaspoons crushed red pepper, 1 tablespoon each ground cumin, ground coriander and dried mint, 2 teaspoons each turmeric and ground ginger.

Try it on tofu, chicken breast or with sautéed potatoes.

EACH RUB RECIPE MAKES ABOUT 1 CUP.

ANALYSIS PER TEASPOON OF RUB: 4 calories;
211 mg sodium.