

# BBQ Rub



This is a simple BBQ rub for pork, beef, or chicken. We leave out the salt so you can adjust to your liking.

**CONTRIBUTED BY:** Chef Rusty Bowers, the owner/butcher at Pine Street Market in Atlanta, who was named a 2017 Georgia Grown Chef by the Georgia Department of Agriculture and the Georgia Restaurant Association.

## INGREDIENTS:

- |                          |                           |
|--------------------------|---------------------------|
| 1 Tbsp. black peppercorn | ½ Tbsp. cayenne           |
| ½ Tbsp. cumin Seeds      | 2 Tbsps. paprika          |
| ½ Tbsp. dried thyme      | 1 Tbsp. mustard powder    |
| ½ Tbsp. dried marjoram   | 3 Tbsps. dark brown sugar |

## DIRECTIONS:

Grind the black peppercorn, cumin and thyme in a spice grinder. Mix with remaining spice in a large mixing bowl to evenly combine. Make sure to season the meat with Kosher salt before seasoning with the rub.

## FIND MORE RECIPES:

[agr.georgia.gov/recipes](http://agr.georgia.gov/recipes)

Georgia Grown

