



courtesy of Who Are Those Guys? BBQ Competition Cooking Team
<http://www.watgbbq.com/>

Simple Barbecue Rub

Some folks have asked for a recipe for a simple, easy to use homemade BBQ rub. What follows fits the bill and is pretty tasty too!

Ingredients

¼ coarse salt (kosher or sea salt)
¼ cup dark brown sugar
¼ cup paprika
3 TBS fresh ground pepper
1 TBS garlic powder
1 TBS dried onion flakes
½ to 1 TS cayenne pepper
½ TS celery seed

- Combine all ingredients in a bowl and whisk to mix.
- Transfer to jar, cover and store away from heat and light.

Rub will keep for several months. This rub is great on pork, beef, chicken and even fish. Meat can be cooked just after rubbing. Meat can be rubbed, placed in an airtight bag, then place bag in refrigerator for 2 to 4 hours before cooking.

Makes 1 cup