



Sho 'Nuff Southern B-B-Q Rub

Sugar, paprika, celery seed, onion, garlic, salt, cumin, mustard, sage, black pepper, bay leaves and cayenne

Uses: Beef, pork and chicken

Preparation: Remove meat from refrigerator about 30 minutes before grilling. Apply a liberal amount of oil such as canola or olive to your meat. Make sure to coat both sides of meat. Add rub to coat both sides. Let meat rest on counter for the remainder of the thirty minutes. Grill meat according to chosen cut and likeness. You can prepare meat with rub and marinated wrapped in plastic wrap or airtight container in refrigerator for up to two days. The longer you marinate the more flavors you will have.

Note: Due to the sugar you may want to grill meat away from a direct flame. You can choose to allow the final cooking to be done over the flame if you would like a caramelized coating.