

# Rubs for Grilling

## Spice-Rubbed Flank Steak

*Serves six.*

**2 Tbs. olive oil**

**1 Tbs. kosher salt**

**2 tsp. smoked paprika, preferably Spanish**

**2 tsp. ground cumin**

**1 tsp. granulated brown sugar**

**½ tsp. chipotle chile powder**

**2 tsp. garlic powder**

**1-2 lb Flank Steak**

**Season the flank** In a small bowl, mix the olive oil, salt, paprika, cumin, sugar, chipotle powder, and garlic. Rub all over the flank steak and refrigerate, covered, for at least 12 and up to 48 hours.

**Prepare the grill** to around 450 degrees.

**Grill** the steak, 4-5 minutes per side.

### Ingredients & Cost

| <i>Ingredient</i>       | <i>Source</i>                                  | <i>Cost</i> |
|-------------------------|--|-------------|
| Flank Steak             | Costco, \$12/lb.                               | \$18.00     |
| Olive Oil (2 T)         | Costco, \$22/2L, Kirkland                      | .33         |
| Salt (1 T)              | Amazon, Himalayan Chef Pink Fine, \$11.40/2lbs | .26         |
| Smoked Paprika (2 t)    | Amazon, Spice Way, \$7/4oz.                    | .37         |
| Cumin Seed (2 t)        | Desi Brothers (Bloomington)                    | .05         |
| Brown Sugar (1 t)       | Target, \$.07/oz                               | .02         |
| Chipotle Powder (1/2 t) | Amazon, Spice Appeal, \$7/4oz.                 | .25         |
| Garlic Powder (2 t)     | Costco, \$.56/oz                               | .20         |
| Plastic bag             | Amazon   | .05         |
| Total                   |  | ~ \$20      |
| Cost per person         | < \$3.50                                       |             |

### Modifications

Originally: Spice-Rubbed Port Loin, Fine Cooking, Aug/Sep 2008.

Don't mix oil into the rub. Rub on flank steak.

Grind your cumin seed using a mortar and pestle.

### Wines/Cocktails

Any medium to heavy red. Chardonnay.

**Today, Paul Mas, Carignan (red), \$14, Haskell. Paul Mas, Marsanne (white), \$14, Haskell.**

Cocktail: Manhattan (best rye whiskey/Cocci vermouht, orange bitters, orange peel)

Rick (text): 563.579.4194

# Fennel-Paprika Spice Rub

Yields about 3½ tablespoons for 1 lb. of chicken.

Serves 6

2 teaspoons dark brown sugar  
2 teaspoons crushed fennel seeds  
1½ teaspoons smoked paprika  
1½ teaspoons garlic powder  
1½ teaspoons freshly ground black pepper  
1 teaspoon kosher salt

In a small bowl, mix the brown sugar, fennel seeds, paprika, garlic powder, pepper, and salt.  
Grill chicken at 400-450 degrees, about 4 minutes per side.

## Ingredients & Cost

| <i>Ingredient</i>      | <i>Source</i>                                  | <i>Cost</i> |
|------------------------|--|-------------|
| Chicken Breast (2 lbs) | Whole Foods, \$6/lb                            | 12.00       |
| Brown Sugar (1 t)      | Target, \$.07/oz                               | .02         |
| Fennel Seed (2 t)      | Desi Brothers (Bloomington)                    | .05         |
| Smoked Paprika (1 ½ t) | Amazon, Spice Way, \$7/4oz.                    | .28         |
| Garlic Powder (2 t)    | Costco, \$.56/oz                               | .20         |
| Black Pepper (1/2 t)   | Desi Brothers (Bloomington)                    | .25         |
| Salt (1 T)             | Amazon, Himalayan Chef Pink Fine, \$11.40/2lbs | .26         |
| Plastic bag            | Amazon   | .05         |
| Total                  |  | ~ \$13      |
| Cost per person        | < \$2.50                                       |             |

## Modifications

Originally: Mediterranean Grilled Pork, Chicken or Turkey with Tomato-Olive Salsa, Jun/Jul 2006.  
Grind your fennel and black pepper using a mortar and pestle.

Note: Recently, Whole Foods has had chicken breasts at 50% off! I believe they might be “day old.”

# Grilled Salmon

Serves 6

## Ingredients

6-8 (8 ounce) salmon steaks  
2 tablespoons spicy cajun seasoning  
1 tablespoon plus 1-1/2 teaspoons dry sherry  
2 tablespoons sugar  
2 tablespoons olive oil  
1 tablespoon Hungarian sweet paprika  
1 tablespoon ground white pepper

## Preparation Instructions

Place salmon on a large flat pan. Combine remaining ingredients. Rub fish pieces with rub, spreading evenly. Turn the salmon over and repeat the process. Cover loosely with plastic wrap and refrigerate for 1 hour.

To grill salmon, cook over direct high heat. Place on grill, flesh side down. Slide a spatula under the fish steaks when rotating and turning them over. Grilled to rare, the fish steaks will be done after 4 to 4 minutes per side. Credit: This recipe was provided by The Spice House.

## Ingredients & Cost

| <i>Ingredient</i>           | <i>Source</i>                                | <i>Cost</i> |
|-----------------------------|--|-------------|
| Salmon (2 lbs)              | Costco, \$ 9/lb.                             | 18.00       |
| Spicy Cajun Seasoning (2 T) | Amazon, Louisiana Cajun Seasoning, \$.58/oz. | .33         |
| Brown Sugar (2 T)           | Target, \$.07/oz                             | .08         |
| Smoked Paprika (1 T)        | Amazon, Spice Way, \$7/4oz.                  | .46         |
| White Pepper (1 T)          | Desi Brothers (Bloomington)                  | .25         |
| Plastic bag                 | Amazon                                       | .05         |
| Total                       |  | ~ \$20      |
| Cost per person             | < \$3.50                                     |             |

## Modifications

Originally: Grilled Salmon, Spice House.

I skip the sherry, keeping the rub “dry.”

I skip the oil.

I substitute smoked paprika for a deeper flavor.

I substitute brown sugar for white.

Grind your white pepper using a mortar and pestle.

# Additional Notes

## Cooking Accessories

|                         |                            |
|-------------------------|----------------------------|
| Mortar and Pestel       | Amazon, Siparui, \$19      |
| Rag                     | Anywhere                   |
| Plastic bags, 1 Gallon  | Amazon, ProPack. \$.05/bag |
| Measuring spoon, 1T, 1t |                            |
| Cutting board           | \$200 at Boardsmith, Maple |
| Knife                   |                            |

## Spices

Whenever you can get “seed,” do so and grind it with your mortar and pestle.

I used to buy all my spices from either the Spice House or Penzeys. However, over the last few years, their prices have skyrocketed to three to six times more than from other sources. So, I now get my spices from three different places.

First place: **Desi Brothers**, at 8098 Morgan Cir S, Bloomington, for all spices that are “Indian” in nature. This includes black peppercorn, cumin, coriander, chili powder, etc. It’s a nice little store that carries some items not found elsewhere. Consider visiting this store.

Example: Coriander seed is \$ .29/oz at Desi versus \$4.28/oz at Spice House.

Second place: Amazon. Coriander = \$1.40/oz.

Third place: Costco. This is where I get my garlic powder.

## Rick’s Website for Recipes. And “extra” salad recipe, time permitting.

[https://www.edu-gen.com/personal/food/food\\_recipes.html](https://www.edu-gen.com/personal/food/food_recipes.html)



### Green Grape Salsa with Scallions & Mint

*Yields about 2¾ cups.*

- 2 cups seedless green grapes, quartered**
- ½ medium green bell pepper, cut into small dice (about ½ cup)**
- 2 medium scallions, trimmed and thinly sliced (about ¼ cup)**
- 1 small fresh jalapeño, cored, seeded, and minced (about 1 rounded tablespoon)**
- 3 tablespoons chopped fresh mint**
- 2 tablespoons fresh lime juice; more to taste**
- Kosher salt and freshly ground black pepper**

In a medium bowl, mix the grapes, bell pepper, scallions, jalapeño, mint, lime juice, and ¼ teaspoon each kosher salt and pepper. Let stand while you grill the meat. Before serving, adjust the lime juice, salt, and pepper to taste.