

Sea Salt & Herb Rub

Gifts from the Kitchen | December 2006/January 2007



Use this rub to season pork, lamb, beef, chicken, or fish. Package the rub in decorated tins for gift giving.

- 1¹/₃ CUPS COARSE SEA SALT OR KOSHER SALT**
- 2²/₃ CUP DRIED PARSLEY**
- 1¹/₄ CUP DRIED THYME**
- 1¹/₄ CUP DRIED ROSEMARY**
- 1¹/₄ CUP COARSELY GROUND BLACK PEPPER**
- 1¹/₄ CUP DRIED SHREDDED LEMON PEEL**
- 2 TBSP. GARLIC POWDER**
- 2 TBSP. DRIED MINCED ONION, FINELY CRUSHED**

In a medium bowl stir together salt, parsley, thyme, rosemary, pepper, lemon peel, garlic powder, and onion. Spoon mixture into 8 stainless steel 4-ounce (1/2-cup) tins (available at crafts and kitchen-supply stores), stirring as you spoon. Add lids and labels; store for up to 6 months. For gift giving, include “to use” directions, below. Makes eight 4-ounce tins.

TO USE: Stir salt mixture. Lightly brush pork, lamb, beef, chicken, or fish with olive oil; rub evenly with salt mixture (use about 2 teaspoons per pound of meat, poultry, or fish). Let stand 15 minutes. Grill or roast as desired.