

Simon & Garfunkel Rub Recipe - Food.com

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"From the community section at Taste of Home. If you use a powdered herb, cut the quantity in about half. Shake container before using. Sprinkle this rub on grilled/sauteed veggies or scrambled eggs. To use for chicken, pork or turkey: coat meat with oil, apply rub. If time permits, let sit in refrigerator for at least an hour. Grill or bake as you normally would."



Ready In: 10mins

Ingredients: 11

ingredients

- 2 tablespoons salt
- 2 tablespoons sugar
- 1 teaspoon parsley, dried crushed
- 1 tablespoon sage, dried crushed

- 1 tablespoon rosemary, dried crushed
- 1 tablespoon thyme, dried crushed
- 1 tablespoon oregano, dried crushed
- 1 tablespoon basil, dried crushed
- 1 tablespoon bay leaves, dried crushed or 8 bay leaves, crushed
- 1 tablespoon ground black pepper
- 1 -3 teaspoon hot red pepper flakes, dried crushed (cayenne or chipotle)

directions

- Measure everything into a blender.
- Put the lid on the blender, and run it on high for a few seconds, turn it off, and run it again; continue pulsing about 10 times until you have small flakes about the size of the letters in a newspaper.
- Place in a jar with a tightly sealed lid.

Questions & Replies



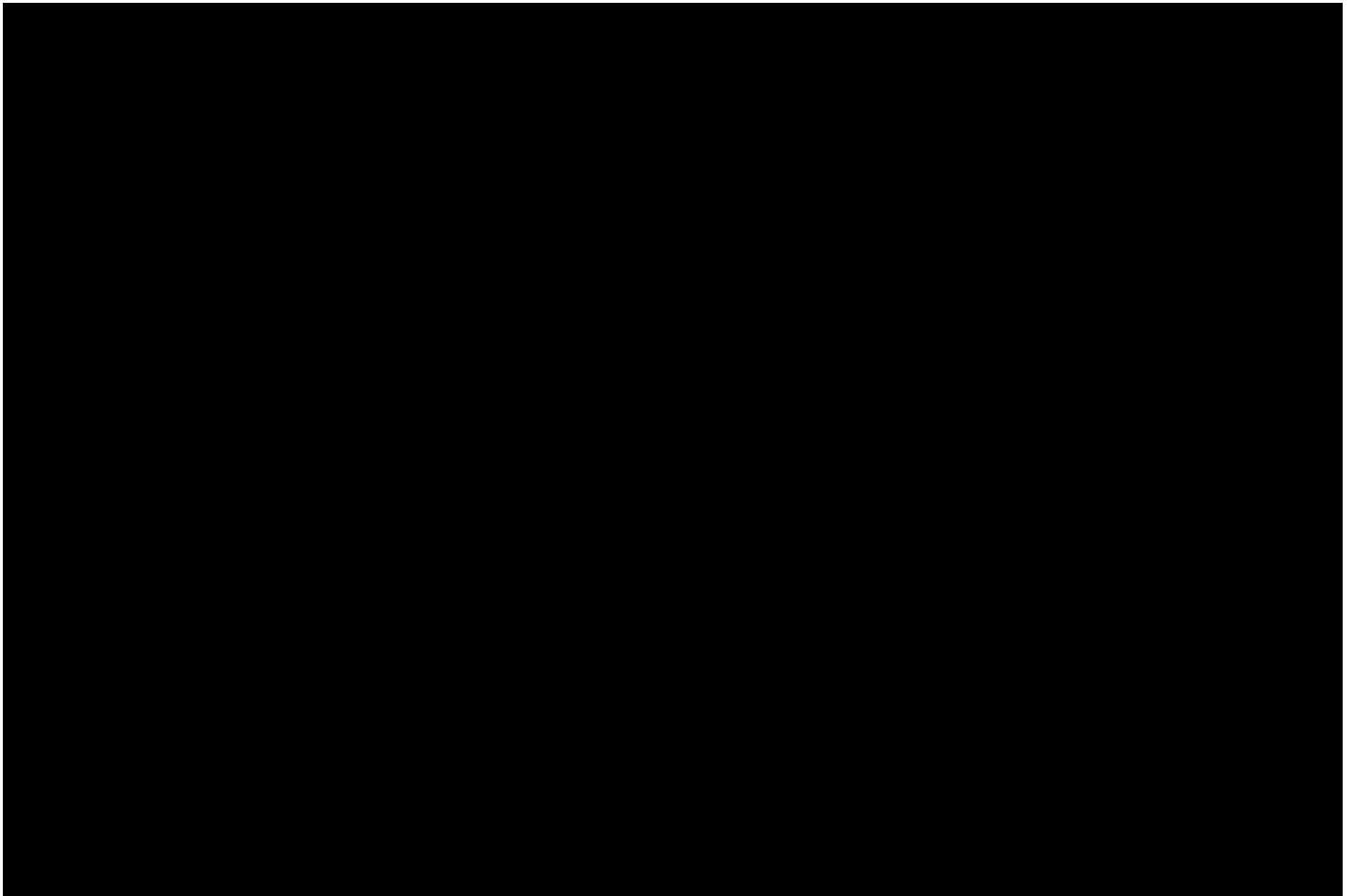
Got a question? Share it with the community!

Reviews

Have any thoughts about this recipe? Share it with the community!

RECIPE SUBMITTED BY

Simon & Garfunkel Rub - BBQ-Brit



I discovered this recipe in the book 'Meathead: The Science of Great Barbecue and Grilling'. Although this is an all-purpose savoury rub, it works particularly well with beer can chicken and chicken wings.

Yields 0.25 Servings

INGREDIENTS

2 tbsp dried sage

1 tbsp dried parsley

1 tbsp dried rosemary

1 tbsp dried thyme
1 tbsp dried oregano
1 tbsp dried basil
1 tbsp crushed bay leaf
1 tbsp ground black pepper
1 tbsp sugar

METHOD

Mix all the ingredients together and put them in a blender or spice grinder. Pulse until you have a coarse powder.

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1

Mix all the ingredients together and put them in a blender or spice grinder. Pulse until you have a coarse powder.

Simon & Garfunkel Rub



About Author

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Addicted to the smoke, the meat, and the fire.

Simon & Garfunkel Spice Rub For Poultry Recipe - Meathead's AmazingRibs.com

Want to save this recipe?

Save It!



Simon & Garfunkel rub recipe

- bay leaves
- dried oregano
- dried basil
- dried thyme
- dried sage
- dried parsley
- dried rosemary
-

Where's the full recipe - why can I only see the ingredients?

Always check the publication for a full list of ingredients. An Eat Your Books index lists the main ingredients and does not include 'store-cupboard ingredients' (salt, pepper, oil, flour, etc.) - unless called for in significant quantity.

Notes about this recipe

- **HalfSmoke on April 16, 2017**

This is a terrific savory rub for chicken or pork. Note that it is salt free because the expectation is that you will dry brine your meat before applying the rub. Highly recommended.

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Reviews about this recipe