

# Rub It In

## What Is A Rub?

A rub is a blend of seasonings that is "rubbed" onto the surface of meat before it is cooked. Using a rub is an easy way to dress up beef steaks and burgers with all kinds of seasoning combinations. Seasonings can be fresh or dried or a mixture. Sometimes a small amount of oil is added to the seasonings to make a paste-type rub.

## What It's not...

A rub adds flavor only; it does not help tenderize less tender beef cuts.

## How To Rub...

Simply cover the outside surface of the steak or ground beef patty with the seasoning blend prior to grilling. Rubs can be applied just before grilling or, for convenience, a few hours in advance — just keep the beef refrigerated until grilling time. Flavors usually become more pronounced the longer the seasoning mixture is on the beef.

## Making The Rub...

Your pantry and refrigerator contain the makings for all sorts of great rubs. You really don't need a

recipe — just think in terms of flavors that taste good together. There are also commercial seasoning blends that can be used as a rub. For example: Italian seasoning, Mexican seasoning, Greek, Cajun, etc.

## Rub Combos To Try On Your Own...

Experiment and make up your favorite blend of herbs and seasonings. If all of the ingredients are dried, you can keep them on hand, stored in a tightly covered container in a cool dry place. Shake to blend before using. Try these ideas for starters.

**Citrus** — Combine grated lemon, orange or lime peel (or a combination) with minced garlic and cracked black pepper.

**Pepper-Garlic** — Yombine garlic powder, cracked black pepper and cayenne pepper.

**Italian** — Combine fresh or dried oregano, basil and rosemary with minced Italian parsley and garlic.

**Herb** — Combine fresh or dried marjoram, thyme and basil.

## Rub Recipes To Try...

**Lemon-Rosemary Rub:** Combine 1½ teaspoons grated lemon peel, 1 teaspoon rosemary leaves (crushed), ¼ teaspoon salt, ¼ teaspoon dried thyme leaves, ¼ teaspoon coarse grind black pepper and 2 large cloves garlic, crushed. Makes enough to season 2 pounds of beef.

**Southwestern Rub:** Combine 1½ teaspoons chili powder, 1 teaspoon garlic powder, ½ teaspoon dried oregano leaves and ¼ teaspoon ground cumin. Store, covered, in airtight container. Shake before using to blend. Makes enough to season 2 pounds of beef.

**Pepper-Herb Mix:** Combine 2 tablespoons dried basil leaves, 1 tablespoon lemon pepper, 1 tablespoon onion powder, 1 tablespoon dried savory leaves and 1½ teaspoons nibbed sage. Store, covered, in airtight container. Shake before using to blend. Makes about ½ cup.

**Spicy Seasoning Mix:** Combine 3 tablespoons chili powder, 2 teaspoons ground coriander, 2 teaspoons ground cumin, 1½ teaspoons garlic powder, ¾ teaspoon dried oregano leaves and ½ teaspoon ground red pepper. Store,



# Farm Women Societies

## Lancaster Society 18

Farm Women of Society #18 entertained Society #23 at a lunch-

eon at the Farm & Home Center Sat., Aug. 20.

covered, in airtight container. Shake before using to blend. Makes about ½ cup.

**Cuts To Tub It On...**  
Steaks — Sirloin, Top Loin, Tenderloin, T-Bone, Porterhouse, Rib Eye, Chuck Eye, Top Blade.  
Roasts — Tri-Tip, Tenderloin, Rib Eye, Round Tip  
Ground Beef Patties.

Devotions by Ruth Rohrer included a memorized portion of Scripture and a poem.

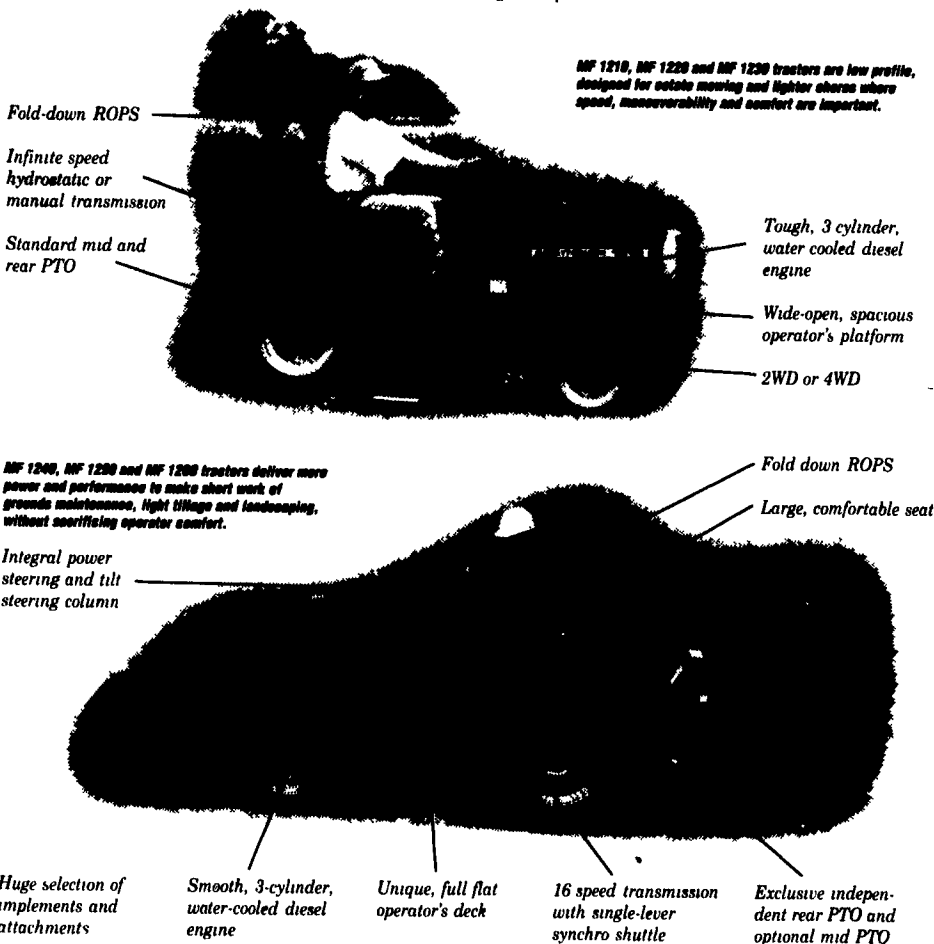
Members and guests were entertained by beautifully performed violin music played duet by Joanna and Jessica Maley. A bus trip is being planned by Lettie Nissley for Oct. 11.

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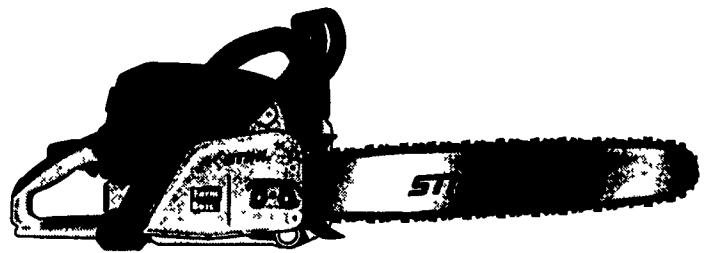
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