

English Breakfast BBQ RUB

Add a BBQ-style sweet and smoky flavor boost to grilled vegetables or plant-based proteins



INGREDIENTS

- 2 Tbsp/30 ml salt
- 2 Tbsp/30 ml sugar
- 2 Tbsp/30 ml brown sugar
- 2 Tbsp/30 ml ground cumin
- 2 Tbsp/30 ml chili powder
- 2 Tbsp/30 ml ground black pepper
- 1 Tbsp/15 ml English Breakfast tea, crushed
- 1 Tbsp/15 ml cayenne pepper
- 1/4 cup/60 ml paprika

METHOD

Blend all of the ingredients and grind well, in a mortar and pestle or food processor.

Drizzle olive oil on vegetables and massage in the rub. Let sit for at least a 1/2 hour before grilling on a barbecue or in a hot cast iron frying pan.

Store rub in air tight container in a cool, dry place for up to 2 months.