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Florida 4-H Tailgate: Make Your Own **DRY RUB**

Dry rubs are a delicious way to season protein and vegetables for the grill. There are four flavor components to a dry rub: spicy, salty, sweet, and savory. Here is a list of traditional herbs and spices for each component to get you started in designing your own dry rub:

Spicy

- Black pepper (fine or coarsely ground)
- Chile powder (not to be confused with chili powder; made from dried chiles such as chipotle)
- Chili powder (not to be confused with chile powder; a seasoning mixture of dried chiles, garlic, cumin, coriander, oregano, and cloves)
- Cayenne pepper (usually very hot)
- White pepper (lighter in color and milder in flavor than black pepper)
- Paprika (many varieties that range from sweet to smoky)

Salty

- Table salt (with or without iodine)
- Kosher salt
- Sea salt
- Seasoned salt (regular salt combined with herbs or spices such as onion, garlic, lemon peel, and celery)

Sweet

- White sugar (will scorch at high temperatures)
- Brown sugar (white sugar combined with molasses)
- Turbinado sugar (has a higher burn point than other sugars, so it is ideal for grilling)

Savory

- Onion powder
- Garlic powder
- Cumin
- Mustard powder
- Oregano
- Rosemary
- Sage
- Thyme
- Basil



4-H Tailgating Contest

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4-H Dry Rubs for the Win!

The key to a good dry rub is balance. Aim for a harmonious blend of spicy, salty, sweet, and savory. Consider your protein when creating your dry rub. Pork complements sweet and smoky flavors; beef pairs well with robust flavors; chicken works well with a variety of flavors; and shrimp benefits from a touch of spice. Feel free to experiment with different spices and ratios to find what you like best. Try one of the 4-H dry rubs below or make your own!

Pork

1 tbsp. smoked paprika
1 tbsp. onion powder
1 tbsp. garlic powder
1 tbsp. kosher salt
1 tbsp. brown sugar
½ tbsp. crushed red pepper
½ tbsp. ginger powder

Beef

1 tbsp. kosher salt
½ tbsp. black pepper
1 tbsp. garlic powder
1 tbsp. smoked paprika
1 tbsp. light brown sugar
½ tbsp. ground cumin

Chicken

1 tbsp. kosher salt
1 tbsp. onion powder
1 tbsp. garlic powder
1 tbsp. ground dill
½ tbsp. ground cumin
1 tbsp. black pepper

Shrimp

1 tbsp. garlic powder
1 tbsp. smoked paprika
½ tbsp. parsley
1 tbsp. grated Parmesan

Recipe Credits: Brian Estevez, 4-H agent, UF/IFAS Extension Escambia County; and Jereme Johnson, 4-H program assistant, UF/IFAS Extension Escambia County.

