

Harryz Herb Rub Instructions:

Pork Loin or Tender Loin in an Oven:

- Sprinkle rub on washed and dried pork loin or tenderloin and let it rest for about an hour for best results. If you are in a hurry then go to the next step.
- Heat about 2 tablespoon of oil (30 ml) in a skillet on stove top to medium heat. Please use a skillet that can go in 400-425° F (205-215°C) oven. Preheat oven to 400-425° F.
- Sear all side of tenderloin or loin on the skillet, it will turn whitish brown.
- Place skillet with loin or tenderloin in hot oven. For medium rare tenderloin cook for 15-18 minutes for tenderloin cook 20-25 minutes.
- Remove skillet from oven, place meat on wire mesh to rest for 10-15 minutes. While meat is resting, deglaze pan with 4-5 Oz. (or 100-125 ml) wine or fruit juice by pouring wine in pan and heating it on stove top while scraping the bottom of skillet. In another pan take about 1 teaspoon of flour and 1 to 2 teaspoon butter. Heat butter and flour on a stove top while mixing it with spatula. When it start bubbling and turns light golden brown add little bit (1 Oz or 25 ml) of deglazed pan wine or fruit juice to make loose paste by continued mixing. Add the entire deglazed pan liquid while whisking or mixing; bring it to a boil to make a smooth sauce for the dish. If it is taking make it smooth mix turn off heat and keep mixing till it is smooth. If it is not smooth, blend it at high speed as a last resort.
- Slice loin or tenderloin after resting and serve it with sauce.

Chicken In an oven:

- Sprinkle rub on skin less chicken. We would recommend skinless boneless chicken breast but any kind of fowl can be used with or without bone or skin. Let it rest for about an hour for best results. If you are in a hurry then go to the next step.
- Preheat oven to 350-375° F (175-190° C).
- Place meat skin side down (even if it skinless) on a wire mesh place on a dripping pan (baking pan will work as dripping pan). Cover it with aluminum foil to keep steam in contraption. Place it all in the hot oven for 45 minutes. After 45 minutes remove foil, flip chicken (now skin side up) and let it cook for another 15 min or till desired crispness of skin achieved.
- Let it rest for 10-15 min, cut it on a bias and enjoy. This chicken dish is very **HEALTHY**. You can enjoy this chicken on salad with mixed berries or any salad dressing (ask me how to make it on my blog <http://cookwithharry.blogspot.com>) or have it as wrap or serve it with sides for dinner.

Make chicken noodle soup with this chicken.....or.....add little bit of sprinkle in hot chicken soup from a can and make it your own !

Fish In an oven:

Any oily fish filet or stake works very well but Tilapia or fresh water fish will also work well with this rub:

- Preheat oven to 350-375° F (175-190° C).

- Take a large section of aluminum, lightly oil, sprinkle the rub and place fish on it.
- Rub about ½ teaspoon oil on fish and sprinkle little bit of rub on fish.
- Squeeze few drops of fresh lemon or lime juice and place few slices of lemon or lime on the fish.
- If desired keep vegetables sprinkled with salt pepper and lemon or lime juice on the fish.
- Fold foil with fish to form a packet (leave some air on top of fish in the packet).
- Cook in oven for 15-20 minutes (depending on thickness of fish cut).
- Open the aluminum packet with fish ...and enjoy ! **NO DISHES TO WASH !**

ON Grill : (TRY IT ON LAMB OR ANY GAME)

- Sprinkle the rub on choice of your meat or tofu, grill on medium heat (about 300° F) till vegetables or meat is done.
- Please follow guidelines for internal temperatures for cooked meats given on table below.

THANKSGIVING TURKEY:

- Mix two table spoon of rub with two sticks of unsalted molten butter. Let it solidify in fridge.
- Separate skin for muscle by running your hand between skin and body (start above the cavity).
- Rub or place chunks of butter with rub on body under skin.
- Bake at 350-375° F ((175-190° C) with aluminum foil on breast and thighs (breast side up) till internal temperature read is 168° F (75-76° C). Lower temperature is better and usually it take 20 minutes of cooking/lb (45 minutes/Kg.) of turkey. If using cooking bag please proceed as directed by bag's manufacturer. Remove foil or open bag for last 20-30 minutes to get crisp golden skin. Let it rest for at least 30 minutes before carving.

For Rack of Lamb with Berbere: Please check Ethiopian curry spice instructions.

If you have any questions or suggestions please ask me on my blog:

<http://cookwithharry.blogspot.com>

Category	Food	Temperature (°F)	Rest Time
Ground Meat & Meat Mixtures	Beef, Pork, Veal, Lamb	160	None
	Turkey, Chicken	165	None
Fresh Beef, Veal, Lamb	Steaks, roasts, chops	145	3 minutes
Poultry	Chicken & Turkey, whole	165	None
	Poultry breasts, roasts	165	None
	Poultry thighs, legs, wings	165	None
	Duck & Goose	165	None
	Stuffing (cooked alone or in bird)	165	None