

Instructions for Harryz Unique Universal Rub:

For BBQ:

Sprinkle and rub the spice mix on meat and let it rest for an hour. More resting time is good but in that case keep rubbed meat under refrigeration. Soak desired hard wood chips such (apple, cherry, oak, hickory, Mesquite) in water for at least an hour. If using electric smoker set temperature to 220-250° F (104-120° C) and put a pan with water under shelves. Put rubbed meat fat side up on shelves and insert temperature probe. Lock smoker door and load wood chips as per the instruction for the smoker. Replenish wood chips every 45 minutes to an hour and let it smoke for 1-8 hours (depending on thickness and type of meat). Cook rubbed pork shoulder (also known as pork butt, Boston Butt) to an internal temperature of 190° F (88° C) for making pulled pork. Brisket flat is good to make BBQed beef brisket (internal temperature 170° F or 77° C). Use skinless, chicken breast, thighs or drumsticks to make BBQed chicken (internal temperature 170° F or 77°).

For Grill:

Sprinkle rub on choice of your meat, tofu or vegetables coated with oil (not extra virgin olive oil), grill on medium heat (about 300° F) till vegetables or meat is done.

HARRYZ  SPICES

For Dry vegan vegetable curry or potato wedges:

Follow instruction for Harryz Vegan Vegetable Currie Instructions except don't use salt since rub has salt in it.

For curry:

Follow instruction for Durban curry except you don't have to add whole spices before adding onion, garlic ginger mix to hot oil. When mix is done as per instruction on curry add approximately 1 ½ teaspoon of rub (but no salt) and follow the instruction. Finally give a taste test and add desired amount of rub to adjust salt. This will be mild curry.

For any other use ask me on my blog: