



Flavor Boosters – Steak Rubs

DRY BBQ

*2 tbsp chili powder
2 tbsp brown sugar
1 tbsp ground cumin
2 tsp minced garlic
2 tsp cider vinegar
1 tsp Worcestershire
sauce
¼ tsp ground red
Pepper*

CAJUN

*(Perfect with rib eye):
Equal parts kosher
salt, cayenne, paprika,
garlic powder
Onion powder, dried
oregano, dried thyme
to taste*

CHIMICHURRI

*(Great with skirt steak):
2 cups of minced flatleaf
parsley, cilantro
and/or oregano
Small onion, chopped
3 to 4 cloves of garlic,
minced
½ cup extra-virgin
olive oil
2 tbsp red wine
vinegar
Salt and red pepper
flakes, to taste*

KOREAN BBQ

*(Great with flanken
short ribs):*

*1½ cup reduced sodium
soy sauce*

*1 tbsp sugar (or sugar
substitute)*

1 tbsp minced garlic

4 chopped scallions

1 tsp sesame oil

*Freshly ground black
pepper, to taste*

OTHER

*Dried porcini
mushrooms, ground,
then dusted over steak*

*Balsamic vinegar,
reduced on high in
saucepan, then
drizzled over beef*

*Finally ground
espresso beans mixed
with garlic powder,
brown sugar, and
ancho chili powder*