



A CAROLINA BBQ RUB

This is a fantastic, classic-style Carolina barbecue rub recipe. It is a great balanced rub that isn't overly spicy or salty. With just a touch of sweetness, this rub is perfect for pork.

2 tablespoons salt
2 tablespoons sugar
2 tablespoons brown sugar
2 tablespoons ground cumin
2 tablespoons chili powder
2 tablespoons freshly ground black pepper
1 tablespoon cayenne pepper
1/4 cup paprika

Preparation:

Combine all ingredients in a small bowl and mix well; use as a dry rub on beef, chicken, lamb or pork.

Wet BBQ rub recipes are just as common as dry rub recipes, and you can, interchange the two. Wet BBQ rub recipes tend to be the best for delicate fish or poultry, but can be used on any meat. Wet BBQ rub recipes usually contain a lot of the same ingredients as dry rub recipes, but they have a wet element such as butter, oil, or lemon juice. Wet barbeque rubs are also known as Pastes or Slathers.

Wet BBQ rub recipes are great when you are looking for a milder taste from the spices and herbs. Because wet BBQ rub recipes cannot be applied as thickly as dry rub recipes the result is a milder less intense flavor. It's not that wet BBQ rub recipes cannot be very flavourful; they are just typically associated with a milder flavour that is especially great on poultry, but also works well on pork, beef, and fish.

Wet BBQ rub recipes are great at keeping meat moist over long cooking times or meats cooked at higher temperatures. Wet rub recipes are often used on ribs and smoked items to maintain the natural moisture within the meat. Wet BBQ rub recipes are also great for tough cuts of meat because they can penetrate the meat tenderizing it and making it more flavourful. Wet BBQ rub recipes can make an otherwise inedible cut of meat very flavourful and tender.

Wet BBQ rub recipes commonly contain pepper, paprika, ground chili, and garlic powder. Combining these items with a wet substance makes it easier for the wet rub to penetrate the meat and flavour it despite its cut or tenderness. A wet rub should be applied at least an hour before cooking, and then stored in the refrigerator until ready. Experiment with wet BBQ rub recipes until you find something you like. You can alter a wet rub BBQ recipe until it's exactly what you want!