

One of today's more fashionable techniques for adding maximum flavor to cooking is the dry rub. A rub is simply a combination of herbs and/or spices massaged into foods before cooking...especially grilling. The blend helps form a savory crust, sealing in juices and amplifying flavor. It's like a marinade without added fat; with nothing but herbs and spices, it's a healthy alternative. And naturally, when it comes to herbs and spices, nobody delivers quality like Watkins!

- **All-natural:** Contains nothing but premium herbs and spices
- **Fat-free:** A healthy alternative to standard marinades, which contain added oil.
- **Handy tin:** Won't break if you drop it on the patio; allows you to reach right in and grab a handful!
- **Three high-appeal flavors:** Jamaican Jerk, Mediterranean and Provençal!

### Product Listing

#### Jamaican Jerk Grilling Rub

Article No. 5601 (50 g/1.8 oz.)

A blend of premium Jamaican allspice and other spices, onion, bell pepper and natural flavors.

#### Jamaican Jerk Chicken (or Pork)

6 skinless, boneless chicken breast halves  
or 6 boneless, butterflied pork chops

2 tbsp/30 mL **Watkins Grapeseed Oil**  
(Original or Citrus & Cilantro)

2 tbsp/30 mL (or to taste) **Watkins Jamaican Jerk Grilling Rub**

Freshly-ground **Watkins Sea Salt**, to taste

Combine oil, grilling rub and salt to make a paste. Rub paste onto meat. Marinate in the refrigerator for at least 2 hours or overnight. Grill or broil until done.



#### Mediterranean Black Pepper Grilling Rub

Article No. 5602 (35 g/1.2 oz.)

A blend of Watkins premium black pepper, thyme, oregano and rosemary.

#### Herbed Chicken or Pork

6 skinless, boneless chicken breast halves  
or 6 boneless, butterflied pork chops

2 tbsp/30 mL **Watkins Grapeseed Oil**  
(Original or Garlic & Parsley)

2 tbsp/30 mL (or to taste) **Watkins**

**Mediterranean Black Pepper Grilling Rub**

Freshly-ground **Watkins Sea Salt**, to taste

Combine oil, grilling rub and salt to make a paste. Rub paste onto meat. Marinate in the refrigerator for at least 2 hours or overnight. Grill or broil until done.

#### Provençal Grilling Rub

Article No. 1485 (29 g/1 oz.)

A classic French-style blend of savory, marjoram, tarragon and parsley.

#### Provençal Grilled T-Bones

2 T-bone steaks (1-1/2 to 2 lbs/700 to 900 g each)

1-1/2 tsp/7.5 mL **Watkins Provençal Grilling Rub**

1/2 tsp/2.5 mL **Watkins Onion & Garlic Pepper**  
**Watkins Grapeseed Oil**

(Original or Garlic & Parsley)

Lemon wedges

Combine grilling rub and pepper blend and rub into steaks. Brush lightly with oil and grill to desired doneness. Transfer to serving plates; serve with lemon wedges.