

RUBS FOR FISH AND SEAFOOD

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Making herb and spice rubs is an easy way to add a great flavor boost to food. The recipes below can be doubled or tripled to have ready for future use. Store mixed rubs in sealed, airtight containers in a cool, dark cupboard. Herb and spice blends will last up to two years but try to use within the first year for best flavor. NOTE: These seasoning rubs are equally delicious on poultry and pork, or lightly sprinkled over vegetables before roasting.

To use:

- For fish - Brush the fish lightly with olive or avocado oil, then sprinkle seasoning on both sides, rubbing gently to distribute and coat. Cook as desired - grill, roast, saute, pan-fry or bake.
- For seafood - In a mixing bowl, gently toss seafood in a small amount of olive or avocado oil. Sprinkle the rub over top and gently mix to coat. Cook as desired - grill, roast, saute, pan-fry or bake.
- For a crispy coating - Combine some of the seasoning rub with 1/3 - 1/2 cup panko breadcrumbs or almond flour. Brush fish lightly with olive oil, dredge through the seasoned crumb mixture shaking off excess, then bake or pan-fry.

Cajun-Style Rub

2 teaspoons sweet paprika	1/4 tsp onion granulated or powdered
1/2 teaspoon dried basil	1/2 teaspoon kosher salt
1/4 tsp dried thyme	1/4 teaspoon black pepper
1/4 tsp dried oregano	1/4 - 1/2 teaspoon cayenne pepper (to taste)
1/4 tsp garlic powder	

In a small mixing bowl, place all ingredients. Mix thoroughly to combine. Use immediately or transfer to a glass or plastic airtight, sealed container. Store with other seasonings and spices in a cool, dark cupboard.

Savory Lemon-Herb Rub

1 tablespoon dried basil	1 teaspoon dried onion flakes
1 tablespoon dried oregano	1/2 teaspoon garlic powder
1 tablespoon dried parsley	1/4 teaspoon kosher salt
1/2 tablespoon dried tarragon	1/4 teaspoon fresh ground pepper
1/4 teaspoon dried mustard	1 teaspoon grated lemon zest

In a small mixing bowl, place all ingredients. Mix thoroughly to combine. Use immediately or transfer to a glass or plastic airtight, sealed container. Store with other seasonings and spices in a cool, dark cupboard.

Indian-Inspired Spice Rub

1 teaspoon ground cumin	1/2 teaspoon garlic powder
1 teaspoon ground coriander	1/4 teaspoon ground ginger
1/2 teaspoon ground cinnamon	1/4 teaspoon ground nutmeg
1/2 teaspoon ground cardamom	1/8 - 1/4 teaspoon cayenne pepper
1/2 teaspoon ground turmeric	1/4 teaspoon salt
1/2 teaspoon ground fennel seeds	1/4 teaspoon black pepper

In a small mixing bowl, place all ingredients. Mix thoroughly to combine. Use immediately or transfer to a glass or plastic airtight, sealed container. Store with other seasonings and spices in a cool, dark cupboard.