



# MR HANS

## FRESH FAMILY FOOD

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MR HANS says it's...



Very Easy to Ambitious

## PDF of Recipe

### Spiced Dry Rub for BBQ Meats V & V+

Companion Recipe (select here)

[Spiced Beef Fillet & Triple Cooked Chips](#)



**Prep Time: 5 Mins**

**Cooking Time: None**

**Serves alot**

#### INGREDIENTS:

- 1 x Cup of White Sugar
- 1 x Cup of Brown Sugar
- ½ x Cup of Sea Salt Flakes
- ¾ x Cup of Paprika
- 6 x Tbsp of Onion Salt
- 6 x Tbsp of Celery Salt
- 4 x Tbsp of Ground Black Pepper
- 3 x Tbsp of Chilli Powder
- 3 x Tbsp of Mustard Powder
- 1 x Tbsp of Chicken Seasoning
- ¾ x Tbsp of White Pepper
- ¾ x Tbsp of Cayenne Pepper
- 1½ x Tbsp of Ground Ginger
- 1½ x Tbsp of Ground Allspice

#### EQUIPMENT:

- Mixing Bowl
- Airtight Plastic Container

#### CHEAT INGREDIENTS:

- No Cheats

#### WHY THESE CHEATS ?

*"There are no cheats to this dish - But some of the ingredients are only available in small quantities in supermarkets. It is worth checking online first. Once made, the Spice Rub can be kept in the Freezer for months and used as and when required.*

*I have ½ a tub left and it's been in the freezer for over a year and still tastes as good as ever." - MR HANS*

# METHOD:

I experimented with the levels of spices and flavourings for over 2 years and believe that the balance of Salt, Sweet, Heat and Spice is just about right now. You can adjust the quantities slightly if you need to, but I would advise to keep as close to the measurements as possible. This recipe is a tried and tested family recipe now used by many in the UK and USA and was showcased as part of an [à la carte special](#) at Hilton Hotels in Dubai in 2018.

## HOW TO PREPARE

- Simply mix all of the ingredients together in a large mixing bowl
- Transfer to airtight plastic container, and store in the Freezer

## TO USE

- For best results spread and rub onto uncooked BBQ meats or larger joints of Beef, Lamb or Pork. Leave to rest for around 1 hour, then BBQ or Roast as normal

### [TEMPERATURES](#)

Conventional Oven - As per requirements