

Sauces and Rubs

The Mediterranean Rub

1/2 tsp parsley, fresh/chopped
1/2 tsp basil, fresh/chopped
1/2 tsp oregano, fresh/chopped

1/2 tsp Kosher salt
1/2 tsp black pepper
1/2 tsp paprika

1 Tbsp garlic, fresh diced
1 Tbsp scallions, fresh diced
1 Tbsp olive oil

Procedures

1. Finely chop fresh herbs and place in mixing bowl.
2. Add salt, pepper and paprika to bowl.
3. Finely chop garlic and scallions and add to bowl. Mix all ingredients thoroughly.
4. Add olive oil to bowl and mix until you have a paste.
5. Rub paste over your desired protein and refrigerate for at least 30 minutes.
6. Grill protein on a hot seasoned grill to desired doneness.

Sweet Jerk Rub

1 diced habanero pepper
1 chopped scallions
2 Tbsp brown sugar

1/2 tsp ground allspice
1/2 tsp ground cinnamon
1/2 tsp cilantro, fresh chopped

1/2 tsp Kosher salt
1 Tbsp olive oil

Procedures

1. Cut habanero and remove seeds and white membrane. Dice habanero very fine. Place in bowl. *Be careful not to touch your eyes after cutting pepper*
2. Clean and chop scallion into very fine pieces. Add to habaneros.
3. Add brown sugar, allspice, cinnamon, cilantro and salt to bowl, mix well.
4. Add olive oil to bowl and combine all ingredients until you have a paste.
5. Rub paste over your desired protein and refrigerate for at least 30 minutes.
6. Grill protein on a hot seasoned grill to desired doneness.

Garlic Vinaigrette

1/4 cup olive oil
1/4 cup apple cider vinegar
1 tsp Kosher salt

1/2 tsp black pepper
1/2 tsp paprika
1/2 tsp parsley, fresh/chopped

1/2 tsp basil, fresh/chopped
1/2 tsp oregano, fresh/chopped
1 tsp minced garlic

Procedures

1. Combine all ingredients into a mixing bowl, mix well.
2. Pour over desired meat to marinate and refrigerate for at least 30 minutes.
3. While grilling meat you can brush marinade on meat for a more intense flavor.

Spicy Teriyaki Sauce

1 cup low sodium soy sauce
1 tsp fresh ginger

1 medium chopped onion
1 each diced habanero pepper

1 Tbsp olive oil
2 Tbsp brown sugar

Procedures

1. Peel and finely chop fresh ginger for 1 tsp.
2. Chop 1 medium onion to 1/2 inch dice.
3. Clean and dice habanero pepper. *Be careful not to touch your eyes after cutting pepper.*
4. Add olive oil to non-stick pan, place on medium heat.
5. Add onions and habanero to pan and sautee until onions are translucent.
6. Add Low Sodium Soy Sauce, ginger and brown sugar to pan, remove from heat, stirring to mix.
7. Once sauce is cooled add your favorite protein and allow to marinate for at least 30 minutes.
8. Grill meat on a hot seasoned grill to desired doneness.