

## Cajun Turkey Rub

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- 4 tablespoons salt
- 4 tablespoons onion powder
- 2 tablespoons garlic powder
- 2 tablespoons red pepper flakes
- 2 tablespoons sweet paprika
- 1 tablespoon ground oregano

## Country Style Turkey Rub

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- 2 cups finely minced real bacon bits
- 2 cups finely chopped fresh parsley
- 2 cups tomato paste
- 1/3 cup cracked black pepper
- 1/3 cup smoked paprika

## Creole Flavored Turkey Rub

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- 25 bay leaves - whole
- 3 tablespoon Creole seasoning
- 3 teaspoons dried thyme
- 3 teaspoons dried oregano
- 2 teaspoons garlic powder
- 1-1/2 teaspoons black pepper

## Herbed Turkey Rub

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- 1/4 cup olive oil
- 1 tablespoon Worcestershire sauce
- 1 tablespoon white wine
- 1 tablespoon balsamic vinegar
- 4 teaspoons fresh rosemary finely chopped
- 4 teaspoons finely chopped fresh thyme
- 4 teaspoons minced onion
- 4 teaspoons garlic, minced
- 2 teaspoons kosher or sea salt

# Jerk Seasoned Turkey Rub

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- 1 cup dark brown sugar
- 1/3 cup white sugar
- 1/4 cup kosher or sea salt
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1 teaspoon white pepper
- 1 teaspoon black pepper

# Rosemary-Citrus Turkey Rub

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- 1/4 cup fresh rosemary leaves
- 6-8 cloves garlic, roughly chopped
- zest of one orange
- zest of one lemon
- 2 tablespoons fresh thyme
- 1 tablespoon orange or lemon juice
- 1 tablespoon extra virgin olive oil
- 1 teaspoon salt
- 1 teaspoon black pepper

## Notes:

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1. Keep all rubs refrigerated in an air tight container
2. Be sure to get rubs beneath the skin of the poultry as well as on the skin's surface
3. Use rubs on your poultry the day before you cook it to maximize flavor
4. Some rubs will be more paste-like in texture than granular
5. Rubs should take between 10 and 12 minutes to make
6. Quantities, depending on recipe will be between 3/4 cups to 1-1/4 cups
7. Do not place unused portions of rub back in the container if its touched any part of the poultry
8. Homemade rubs will last up to 3 months in an air tight container