



#MakeItGAP

RECIPES

CHIPOTLE BBQ RUB

PERFECT FOR: pork, chicken

YIELD: Makes enough for two 3-4 lb whole chickens, or the equivalent in cut pieces, or in pork cuts.

INGREDIENTS:

1 1/2 Tbsp. annatto seed, *ground*
1 3/4 tsp. allspice, *ground*
2 tsp. cumin, *ground*
2 tsp. chipotle chile, *ground*
1 tsp. coriander, *ground*
2 1/2 tsp. sea salt
2 tsp. garlic granulated
1 1/2 tsp. orange peel granules (*optional, or fresh orange zest if using all the seasoning blend the same day*)
1 Tbsp. coarse black pepper
1 Tbsp. oregano
1/8 tsp. mesquite smoke powder (*optional*)
1/8 tsp. citric acid (*optional*)

PREPARATION:

Mix all ingredients together well. To use, rub the chickens with canola or olive oil to coat. Sprinkle the rub quite liberally all over the chickens and cook as desired. Works particularly well with grilled or roasted chicken.

Recipe created for G.A.P. by Simone Cormier