



#MakeItGAP

RECIPES

GRIDIRON LAMB RUB

PERFECT FOR: lamb, salmon

YIELD: heaping 1/2 cup

INGREDIENTS:

- 2 1/2 Tbsp. fine sea salt
- 1 Tbsp. plus 1/2 tsp. medium black pepper
- 1 Tbsp. plus 1 tsp. ground fenugreek seed
- 2 1/2 tsp. ground cardamom seed
- 2 Tbsp. plus 2 1/2 tsp. granulated garlic
- 2 Tbsp. plus 1/4 tsp. dry dill weed
- 1 Tbsp. plus 2 tsp. crushed dried mint
- 1 Tbsp. ground cumin seed

PREPARATION:

Mix all ingredients to thoroughly combine. Store any remaining rub in a sealed container away from heat, light, and humidity.

Apply liberally to lamb or salmon, a little more than 1 Tbsp. per pound.

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