

C's Sea Salt & Herb Rub

Ingredients:

1 1/3 cup coarse Sea Salt or Kosher Salt
2/3 cup Dried Parsley
1/4 cup Dried Thyme
1/4 cup Dried Rosemary
1/4 cup Coarsely Ground Black Pepper
1/4 cup Dried Shredded Lemon Peel
2 Tbsp. Garlic Powder
2 Tbsp. Dried Minced Onion, finely crushed

Directions:

In a medium bowl stir together salt, parsley, thyme, rosemary, pepper, lemon peel, garlic powder and onion. Spoon mixture into little containers, stirring as you spoon. Add lids and labels; stores for up to 6 months. Include "to use" directions. Makes eight 4-oz. containers.

To Use:

Stir salt mixture. Lightly brush pork, lamb, beef, chicken or fish with olive oil; rub evenly with salt mixture (use about 2 tsp. per lb. of meat, poultry or fish). Let stand 15 minutes. Grill or roast as desired.