

THE ORIGINAL

WEST NORTH
Quality All Natural Dry Rub Seasonings.
Created From Traditional Recipes For Excellent Flavor.

KNOX'S
DRY RUB
MADE IN U.S.A.

RECIPES

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Recipes of the Knox's Spice Co.

A Brief History Of Barbecue And Dry Rubs

When Columbus reached the Americas (term used loosely) he found that the native cultures as far away as the West Indies cooked meat on racks over coals. They called it BARBACOA. Who called it? Who Knows. This and every possible combination of fact and fiction make up the history of B-B-Q. We know that people have been cooking meat since it was invented and have been flavoring it just as long. Rubs can be found in most cultures as a way to marinate and flavor meats. That's about it, believe what you want, eat what you like. Knox's Spice Company at your service.

Knox's Southern B-B-Q Brisket

- 4 lb. Boneless Beef Brisket
- 3 tablespoons Knox's Chipotle BBQ Dry Rub
- 2 large Onions, thickly sliced
- 2 tablespoons Cornstarch

Massage brisket thoroughly with Knox's Dry Rub.

Place brisket, fat side up, on a roasting rack, in a large disposable pan and top with onion.

Bake in a preheated 350°F oven for 1 hour, or until onions turn brown.

Add 1 cup hot water and cover pan tightly with aluminum foil.

Reduce oven temperature to 300°F and continue cooking for 2 hours or until brisket is tender.

Remove brisket and onions to warm platter. Skim fat from juices or use a gravy separator.

To make gravy, combine 1 cup water and cornstarch, to the juices in the pan. Cook over medium heat, stirring constantly, until gravy boils and thickens.

Carve brisket across the grain into slices. Serve brisket and onions with gravy.

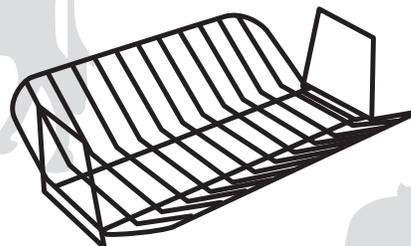
Sprinkle Knox's Chipotle B-B-Q Dry Rub over baked, freshly fried potatoes or popcorn.

Zesty Chicken Finger Dip

- 1/2 cup Mayonnaise
- 1 cup Sour Cream
- 4 tablespoons Sweet Relish
- 1 tablespoon Knox's Chipotle B-B-Q Dry Rub
- Pinch Cayenne (optional)

Mix together and chill.

Mix again before serving.



Roasting Rack

RESTING:

Always let meat stand (rest) for 5 or so minutes after cooking as to allow moisture to redistribute through the meat, making it even more succulent and wonderful.

A couple pads of butter (not margarine) on top, while meat is resting, is not a bad thing either.

Amazing Chipotle Mashed Potatoes:

Making mashed potatoes is more about ratios than measurement, and more about love than technique.

- 1 large pan, full of boiling Water
- 5-6 good sized Potatoes, quartered
- 2 tablespoons Salt
- 1 stick of Butter, cut into pads
- Milk
- Knox's Chipotle B-B-Q Dry Rub

Boil the potatoes for about 15 - 20 minutes, until soft. Remove from heat and strain off water in pan.

Add pads of butter as you mash potatoes. When butter has melted and the potatoes begin to smooth out add milk until you reach the consistency of mashed potato you are used to.

Add 1 tablespoon of Knox's B-B-Q Dry Rub and stir. Keep adding Knox's B-B-Q Dry Rub until desired flavor and aroma is achieved.



Recipes Knox's Spice Co.

A Brief History Of Cracked Pepper Rub

Possibly the oldest and most commonly used spice in the world. Pepper begins to surface in history around 327 B.C. from India, probably from some unscrupulous invader. It was used to pay ransoms (3000 pounds of pepper for Rome) and at times worth its weight in gold (1488). Many great feats have been accomplished over the "Spice of Kings", but none so tasty as the very special Knox's Cracked Pepper Rub. Eat steak worthy of a royal feast and live like a King.

◆ ◆ RUBBING ◆ ◆

The most effective way to infuse flavor is by aggressively rubbing Knox's Dry Rub into oiled or buttered meat. Unlike marinades that need to sit for hours, dry rubs can be cooked as soon as applied as long as you thoroughly massage Knox's Dry Rub into meat. Rubbing is important, that is why it is called RUB.



Sprinkle Knox's Cracked Pepper Dry Rub on mashed potatoes or salad.

Roast Fillet Of Beef With Cracked Pepper Rub Crust

- 2+ Tblspns. Knox's Cracked Pepper Rub
- 1 trimmed & tied 3 to 3 1/2-pound fillet of Beef (room temperature)

Preheat the oven to 500° F.

Rub the meat with Knox's Cracked Pepper Dry Rub. Sear meat in hot skillet until browned all over. If tenderloin is too large for skillet, cut meat in half.

Roast the fillet, in an oiled roasting pan, in the middle of the oven for 20 - 25 minutes, or until a meat thermometer registers 130° F for medium-rare meat. Let it cool to room temperature.

Slice the fillet crosswise, arrange it on a cutting board or platter, and garnish it with parsley. Serve the beef with the Sour Cream Horseradish.

Peppered Steak

Prep: 10 minutes
Serves 4

- 4 large Beef Steaks
- 3 tablespoons Cracked Pepper Rub
- 3 tablespoons Olive Oil or Butter

Massage steak thoroughly with olive oil or butter and then with Knox's Dry Rub.

Grill for 5 - 7 minutes over medium heat.

Flip and continue cooking for another 5 - 7 minutes until proper doneness is achieved.

Grilled Tuna Steak

- 2 Tuna Steaks
- 2 Tblspns. Cracked Pepper Rub
- Lime Juice
- Soy Sauce
- Brown Sugar
- Olive Oil



Rub or sprinkle tuna steaks with Knox's Cracked Pepper Rub.

In a bowl combine soy sauce, lime juice, brown sugar and olive oil to taste.

Place steaks on a medium hot grill, brush occasionally with sauce.

Sour Cream Horseradish:

- 1 cup Sour Cream
- 3 teaspoons Horseradish
- Salt and Pepper

Combine all ingredients.
Chill.
Serve on Fillet of Beef.



Recipes Knox's Spice Co.

A Brief History Of Jamaican Jerk Rub

Many moons ago, runaway African slaves in Jamaica cooked meat slowly in pits coated with spice mixtures as a way of preserving it. The term Jerk may have come from the word Jerky, which is another way of preserving spiced meat, who knows. Jamaican Jerk Dry Rub is unique because of its mixed cultural background and availability of very special spices. Jamaican Allspice is common to Jamaican Jerk Rubs. This sweet pungent flavor, similar to nutmeg and cinnamon, is used as the base and hot peppers add a little bite. There is nothing like it!

The name Jamaica comes from a word of the Arawak Indians, "Xaymaca", meaning land of wood and water.

Jerk Chicken

- 4 - 6 Chicken breasts
- 3 tablespoons Knox's Jamaican Jerk Dry Rub
- 2 tablespoons Olive Oil

On The Grill

Massage chicken breasts thoroughly with Knox's Jamaican Jerk Dry Rub.

On a medium-hot grill, grill about 6 minutes on each side or until done.

Oven Baked

Massage chicken breasts thoroughly with Knox's Jamaican Jerk dry rub.

Preheat oven to 375°F.

In a hot, oiled large iron skillet brown Chicken breasts until beautiful.

Place entire skillet, Jerked Chicken and all, into the oven for about 20 minutes or until done.

Let Jerk Chicken sit for about 10 minutes before serving.

NOTICE:
Jerk chicken is not a reflection of the disposition of the chicken.

Jerk Flavored Green Beans

- large handful Green Beans
- Knox's Jamaican Jerk dry rub
- pad of Butter

Drop green beans in large pot of rapidly boiling water for 5 minutes.

Sprinkle with Jamaican Jerk dry rub. Toss with butter. Serve hot.

Honey Orange Slaw With Beans

Makes a great compliment to Jerked Chicken.

- 1/3 cup Cider Vinegar
- 1/3 cup Honey
- 3 tblspns Orange Juice concentrate
- 2 tblspns Vegetable Oil
- 2 tspns Poppy Seeds
- 2 (15 oz) cans of red Kidney Beans
- 1 (15 oz) can of Garbanzo Beans
- 2 cups thinly sliced Red Cabbage
- 1/3 cup Raisins
- 1/3 cup dried Apricots, sliced thin
- 1/3 cup Walnut pieces

In a bowl mix together vinegar, honey, orange juice concentrate, oil and poppy seeds. In a larger bowl combine the remaining ingredients, drizzle the dressing over them and toss to coat. BE HAPPY!

TIP:

Place Knox's Jamaican Jerk Dry Rub and desired meat in a large zip-lock bag to massage rub into meat and store, saves clean up.

RELAX!

Jamaican Arawak Indians invented the hammock.



Recipes Knox's Spice Co.

A Brief History Of Chickens

Cute enough to want to raise and dumb enough to want to eat, chicken. Thought to have been raised domestically in southern Asia as far back as 4000 years ago. A world wide favorite it is truly nutritious and delicious. A 4oz serving provides almost 68% of your daily value of protein. This versatile bird can be BBQ'd, baked, roasted, fried, broiled, poached and so on and so forth, it goes on forever. Here at Knox's Spice Co. we love chicken and our Yummy Chicken Dry Rub was made in honor of the majestic yard bird. Below are some ideas for the rub with and without the chicken. Enjoy!

Yummy Chicken

- 4 - 6 Chicken breasts
- 3 Tablespoons Knox's Yummy Chicken Dry Rub
- 2 Tablespoons Olive Oil

Oven Baked

Massage chicken breasts thoroughly with Knox's Yummy Chicken dry rub.

Preheat oven to 375°F.

In a hot, oiled large iron skillet brown Chicken breasts until beautiful in olive oil.

Place entire skillet, Yummy Chicken and all, into the oven for about 20 minutes or until done.

Let Yummy Chicken sit for about 10 minutes before serving.

On The Grill

Massage chicken breasts thoroughly with Knox's Yummy Chicken Dry Rub.

On a medium-hot grill, grill about 6 minutes on each side or until done.

NOTICE:

You do not have to be a pretty chicken to be a Yummy chicken.

TIP:

Make Yummy Dressing a day ahead of time to get the best flavor.

See Below.

Easy & Yummy Dressing

- 1/2 cup Mayonnaise
- 1/2 cup sour cream
- 1 Tblspn, possibly more, Yummy Chicken Dry Rub
- 1Tblspn+, Lemon Juice
- Chopped Chives are nice

Mix together and chill. Serve on salad or as a dip for vegetables or potato chips.

Yummy Baked Potato Wedges

- 4 maybe 5 potatoes
- Yummy Chicken Dry Rub
- Olive Oil

Wash and cut each potatoes into 6 wedges. drizzle with olive oil, sprinkle with Yummy Chicken Dry Rub. Toss to coat.

Lay on baking sheet and bake at 400 degrees for 30 minutes or until cooked and slightly brown.

Serve with catsup or catsup mixed with Knox's Ambrosia Pepper Sauce.

TIP:

Yummy Chicken Dry Rub is excellent on beef. Use as a salad or potato sprinkle.



Recipes Knox's Spice Co.

Knox Family Homemade Barbecue Sauce

(Tim's Killer Barbecue Sauce)

Barbecue sauce within the Knox Family is more of an art than a science. The basic sauce is tomato paste or ketchup, mustard, brown sugar and vinegar. From these ingredients you can make barbecue sauce any way you like. If you like chunkier sauce, cut the ingredients large, for a more refined sauce, cut everything really small.

- 2 tablespoons Butter or more
- 2 medium Onions - diced
- 1 Pablano or 1/2 Green Bell pepper, diced
- 1 fat Jalapeno pepper - diced
- 1 Red Bell pepper - diced
- 1/2 cup of Brown Sugar - packed
- 1/4 cup Red Wine Vinegar or Cider Vinegar
- 2 tablespoons Worcestershire Sauce
- 1 1/2 cups of Ketchup
- 1 or so tablespoons of Yellow Mustard
- 1/4 teaspoon of ground Cinnamon
- 1 cup heated Chicken Broth - Water will do
- 2 medium cloves Garlic, crushed and minced
- 1 teaspoon Tamarind paste (optional)
- 6 Pasilla peppers, toasted, de-seeded and ground into fine powder (optional)
- zest of 1 Lemon
- juice of same Lemon

Heat a large skillet to medium low and melt the butter. Turn up to medium and add the onions, pablano peppers, jalapeno and red pepper. Stir every so often.

Mix together the brown sugar, red wine vinegar, worcestershire sauce, ketchup, yellow mustard, and cinnamon in a bowl. Set aside.

Do not forget to stir or assign someone to keep an eye on the vegetables.

Mix together heated chicken broth, garlic and tamarind paste until paste is dissolved. Set aside.

Check the vegetables.

In a small bowl zest and juice the lemon. Set aside.

When vegetables are brown and sticky add the prepared chicken broth and stir until bubbling.

Add prepared brown sugar mixture and stir until bubbling.

Add prepared pasilla chili powder, lemon zest and juice and stir until bubbling.

If you like thicker BBQ sauce, stir constantly until the sauce thickens. If you prefer a thinner sauce, add chicken stock and stir. If you like what you see, turn off stove and allow to cool for 5 or 10 minutes before serving. We have used this sauce on hamburgers, as a spread on sandwiches and as a marinade. Enjoy!



CHICKEN, BEEF, PORK & FISH
ALL-NATURAL
SEASONINGS

KNOX'S
SPICE CO.

TESTED: Knox's Dry Rubs have been tested on cows, pigs, fish, game and chickens. They were delicious!