

LAMB FLAVOR PAIRINGS



| CUISINE: | RUB: | MARINADE: | SEASONING: |
|----------------------|--|--|--|
| American BBQ | Brown sugar, paprika, garlic, onion, pepper, chile, salt | Add neutral flavored oil (such as grapeseed or canola oil) | Brown sugar, paprika, garlic, onion, pepper, chile, salt |
| Middle East | Cumin, coriander, cardamom, caraway, mustard seed, garlic, curry, sage, thyme, brown sugar, salt | Add lemon and blended olive oil | Cumin, coriander, cardamom, caraway, mustard seed, garlic, curry, sage, thyme, brown sugar, salt |
| Latin | Chile, cumin, garlic, cinnamon, oregano | Add lime and neutral flavored oil | Chile, cumin, garlic, cinnamon, oregano |
| Mediterranean | Garlic, mint, oregano, rosemary, thyme, basil, chili flake | Add blended olive oil | Garlic, mint, oregano, rosemary, thyme, basil, chili flake |
| Asian | Sugar, sesame, ginger, garlic, chive, miso | Add soy sauce, lime and blended sesame oil | Sugar, sesame, ginger, garlic, chive, miso |

HOW TO MEASURE:

| | | | |
|--------------------|---|--|--|
| Ratio | 8:3:1:1 sugar:salt:primary inclusion: secondary inclusion | Overnight: 3:1 (oil to acid*) + salt/ inclusions Quick: 3:2 (oil to acid) + double salt/ inclusions | 7:2:1 salt: pepper: other dried spices/ inclusions |
| Best to Use | Low and slow cooking or to finish a dish | Overnight and right before/ after cooking as a sauce or baste. | Use before or after cooking |
| Sample Mix | 8 Tablespoons brown sugar 3 Tablespoons Kosher salt 1 Tablespoon paprika 1 teaspoon granulated garlic 1 teaspoon granulated onion 1 teaspoon black pepper 1 teaspoon chili powder | Overnight: 1 cup olive oil 1 cup red wine vinegar ¼ cup dried Italian herbs 1 teaspoon Kosher salt 1 teaspoon black pepper Quick: 1 cup olive oil 1 cup red wine vinegar ¼ cup dried Italian herbs 1 Tablespoon Kosher salt ½ Tablespoon black pepper | 7 Tablespoons Kosher salt 2 Tablespoons black pepper 1 Tablespoon favorite inclusion (Granulated garlic or dried herbs such as rubbed rosemary, thyme or parsley) |