



By Yoo Cajun Rub

Paprika, black pepper, Oregano, thyme, white pepper, cayenne, garlic, onion, salt, mustard, bay leaves

Uses: Chicken, seafood and pork, beef

Rub: Take a teaspoon of rub and coat chicken, fish or other meat on both sides. If meat is lean add a little vegetable oil before coating. Fry, bake or grill according to meat temperature.

Coating Mix: Add a tablespoon or more to ½ cup flour and or a combination of flour and bread crumbs. Mix thoroughly to combine. For chicken you can use either an egg dip or plain yogurt dip before coating with mix. Fry or bake until meat is cooked thoroughly, if you bake the chicken set the oven at 375 to 400 degrees and place chicken on a nonstick pan. Spray a light layer of oil over the chicken to help with the browning. Make sure to turn the chicken half way through baking to brown the other side and spray oil on once you turn the chicken. For fish, coat in mix and fry in butter and a little oil. When frying you want to start your pan on med-high and allow the pan to get hot before adding the oil and butter. Once you add your fish you can lower heat to medium to finish cooking. Fish will cook very quickly so keep your eye on it.

Once you notice a slight opaque color on the edge of the topside of the fish flip it over and allow fish to finish cooking.