



Bean Me Up Rub

Espresso coffee, sugar, paprika, salt, black pepper, granulated garlic, onion powder, cilantro, cumin, coriander, oregano, and Dutch cocoa powder

Uses: Beef, pork, poultry, elk, venison or wild turkey, also chili, stews, vegetables, eggs or potatoes.

As a Rub for Meats: Coat both sides of chosen cut and let marinated for thirty minutes or more if a stronger flavor is desired. Oil grill plate with cooking oil and cook to proper temperature for meat. Consider cooking away from direct flame as the sugar will burn and char the exterior. Just before pulling off grill place meat over flame and allow coating to caramelize. Let meat rest for five minutes under a tent of foil to allow juices to return to meat.

Wild Game: As wild game is a much leaner meat I recommend tenderizing the meat before cooking. To do so, place cut of meat between two pieces of plastic wrap and use a meat mallet or rolling pin to pound the meat. Make sure to tenderize each side of meat. This will break up the fibers of the meat and give a tender cut. Coat each side of meat with oil and rub mix into the meat. Allow to rest on the counter for 30mins. Cook at high heat and sear each side for one to two minutes. Remove from high heat and finish cooking over a low heat. Do not cook beyond a very low medium-rare as the meat will become tough and dry. Place meat in a shallow dish and tent with foil allowing

it rest for five to ten minutes before serving. This will allow all the juices of the meat to distribute throughout the cut of meat giving you a nice tender meal.

Stews and Chili: Add a teaspoon or more to your favorite stew or chili for a little added flavor.

Vegetables and Eggs: Sprinkle a teaspoon or more in your favorite stir fried vegetables. Add a dash to your morning scrambler or make delicious Huevos Rancheros.