

GOURMET GRILLING GUIDE Part II

Spice Rubs

Rub food the right way with specialty spice blends that add zing to meat, poultry, seafood and veggies.

By Natalie Hammer Noblitt

A gourmet rub can marinate meat, vegetables and seafood with a symphony of flavors, add a crunchy texture and hold onto the sweet and savory accents throughout the grilling process.

These high-performance flavor enhancers come in new and exciting varieties each season. This is good news for the grilling masses that populate the American landscape. Nearly 72 percent of all American households own a barbecue grill, according to the Hearth, Patio & Barbecue Association (www.hpba.org). And more than 14 million new grills appeared in backyards in 2004 alone. The popularity of grilling no doubt can be attributed to its ability to make a home-cooked meal quickly and easily. Let shoppers know that spice rubs make it even easier to impart new flavors when cooking for summer gatherings or week-night meals.



Nantucket Rub is colorful seafood spice blend designed to flavor your favorite catch-of-the-day. It contains garlic, dill, tarragon, lemon zest and pink peppercorns among its varied spices. Prairie Rub is great for steaks and burgers. The combination of mustard, peppercorns and garlic is great for any cut of beef. From **Nantucket Offshore**, 888/742-7837; www.nantucketoffshore.com or **Circle No. 232**



A robust new steak rub contains a kick of coffee. Awake-a-Steak contains fresh-roasted coffee grounds along with bold spices to season meat and seal in its juices during grilling. From **Instant Gourmet**, 727/944-3226; www.instantgourmetspices.com or **Circle No. 237**