

LAMB RUB

From the kitchen of Mary C. Plona

Category: CONDIMENT

Preparation time: 15 min

Servings:

Ingredients

- 1 tsp Garlic Powder
- 1 tsp Fennel Seed, crushed
- 1 tsp Oregano
- 1 tsp Basil
- 1/2 tsp Thyme
- 2 tsp Black Pepper
- 1/2 tsp Cayenne Pepper
- 1 tbsp Paprika
- 2 tsp Rosemary
- 1/2 tsp Salt

Instructions

Combine ingredients. Wash meat & pat dry. Lightly oil surface of meat. Sprinkle 1 to 2 tbsp, to taste, of rub per pound of meat onto the surface of the food & rub it in. Let stand for 1 hour or more in the refrigerator.

