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## Using Mike's Gourmet Herbs Meat Rub & Marinade

### **As a rub:**

**Rub an even coat of oil (we suggest virgin olive oil) on both sides of the meat or all over slices of vegetables. Sprinkle Mike's Gourmet Herbs Meat Rub & Marinade on the meat or vegetables in a light, even coat. Do not leave gaps. Press the rub in with your fingers, and take it straight to the flame.**

### **As a marinade:**

**Follow the instructions above, then wrap the meat or vegetables tightly in foil and place in the fridge for 30 minutes to overnight. The longer it sets the deeper it marinates.**

**For smaller pieces of meat such as fish, chicken, pork chops or steaks we suggest sprinkling Mike's Gourmet Herbs Meat Rub & Marinade on the meat.**

**For larger pieces such as pork or beef tenderloins, after oiling the meat, pour Mike's Gourmet Herbs Meat Rub & Marinade into a separate pan and roll the meat in it, covering the meat with a solid coat of the mix.**

### **Chicken Tenderloins and Catfish filets:**

- **Place tenderloins or filets on a pan. Drizzle with oil. Rub oil over both side of meat.**
- **Sprinkle a light, even coat of Mike's Gourmet Herbs Meat Rub & Marinade onto one side of all meat. Pat into oil and turn meat over. Sprinkle a light, even coat on this side and pat into oil.**
- **Layer tenderloins in mixing bowl.**
- **As a rub, let meat sit for 15 minutes before cooking. To use as a marinade, cover with foil or Saran wrap and place in the fridge for 30 minutes to overnight.**
- **Grill or smoke until just-done; don't over-cook or the marinade will crust and have a strong bite.**

### **Pork Loins (for roast or grilled) or Pork Tenderloins:**

- **For Pork Loin, prepare a 3.5 to 5 pound "Half Loin, Pork Loin Roast" by carefully removing the white fascia sheath from the meat. Lay the loin on a pan.**
- **For Pork Tenderloins, remove from wrapper and drain blood-juice from meat. Separate and lay the two pieces on a pan.**
- **For fullest flavor, pour an even layer of Mike's Gourmet Herbs Meat Rub & Marinade into a separate baking pan and roll the meat in it, covering the meat with a solid coat of the mix.**
- **Or, to reduce the intensity of the herbs and spices, sprinkle Mike's Gourmet Herbs Meat Rub & Marinade over the oiled meat giving it a light, even coating with no gaps.**
- **Wrap loins separately in aluminum foil and place in the fridge over-night.**

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- **Grill or smoke the loin or tenderloins getting an even "sear" to the meat and herbs (turning frequently; we turn them every 7 minutes).**
  - **Or, cook the loin as a roast according to your favorite roast recipe.**

**Steaks, Chops, Salmon and other 6 to 16 ounce meats:**

- **Lightly oil both sides of meat. Sprinkle a light, even coat of Mike's Gourmet Herbs Meat Rub & Marinade over one side at a time. Leave no gaps in the coating. Pat into oil and meat. Turn meat over and repeat the process on the other side.**
- **For immediate use, let meat sit in the fridge for 15 to 30 minutes while you prepare the grill.**
- **For use as a marinade, wrap each serving of meat in aluminum foil and place in the fridge for 1 hour minutes to over-night; the longer the time, the deeper the marinate.**

**Cook to your regular choice of Rare, Medium or Well. However, turn more frequently than you normally do in order not to burn or crust the herbs and peppers corns.**

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