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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Dry Rub - For That Magic Touch In Your Barbecue

By Chris McCarthy

Dry rub is a culmination of a variety of spices that can tickle your taste buds. It is not only used for

seasoning your poultry or beef, but also added to invite those unconventional yet delightful flavors to vegetables, salads and casseroles. Moreover, how on earth can one avoid the spiced up sandwiches, thanks to dry rub.

Rubs are either used in their dry form or mixed up with some sort of liquid preferably oil. And if dry rub is mixed with oil it might as well be referred as wet rub or paste. Wet rub or paste for that matter brings that heavenly flavor for grilled or roasted meat. The oil simply helps the spices to stick to the respective meat furthering the roasting process.

A mixture of rubs with mustard and horseradish and the subsequent paste can be used to coat briskets prior to their long slow smoking. No wonder dry rub is an absolute `must' especially in barbecues. If you are arranging for a bar-b-q then make sure that you have rubs because that's how the cuisine will become more delectable.

If you have tasted dry rub for once, you would no longer cater to chilies or pepper for that matter. It is not only hot but the hottest of all in the tinsel town of hot sauces. There are no boundaries, no limits as regards the usage of rubs. Be it the rub for marinating meat or for fish or other delicate items, you just name it. It may sound unorthodox but the fact of the matter is that rubs mixed with mustard or mayonnaise can make a sandwich doubly sumptuous. Again it goes without saying that they add an extra touch of flavor in salad dressing.

Presumably adding some rub to your sour cream or yogurt would mean a culinary shock but in reality it works wonders. Sprinkling hot rubs on baked potatoes, rice, french fries, popcorn not only makes them tastier but also shows that it doesn't get any easier than this.

Speaking of rubs, ones that come to mind are Corky's Dry BBQ Rub and the Jack Daniel's BBQ Rub. The former sets any bar-b-q perk right up & is ideal for ranch salad dressing. The secret to its taste lies in its ingredients like paprika, salt, spices and garlic. While the latter is both an incredible marinade for pork, beef, chicken, seafood and also an excellent seasoning for vegetables, soups and stews.

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Surprisingly we find natural hickory smoke flavor, flavoring and Jac Daniel's Black Label Whiskey amongst the ingredients other than the conventional combination of salt, sugar, spices, paprika, monosodium glutamate, onion powder and garlic powder.

Rubs are the ultimate culinary destination with its magical flavors that can transform ordinary taste to extraordinary. If you wish to pamper your appetite then you must indulge into rubs, it's just a sprinkle away. So what are you waiting for? Run to your nearest store or login to the online stores to grab your rubs today!

Chris McCarthy is the owner of InsaneChicken's Hot Sauce Catalog. InsaneChicken also has a wide variety of Hot Sauces, BBQ Sauce and Rubs. Visit them at

<http://www.InsaneChicken.com>

Don't Cook The Trees – Barbecue Safety

By Les Brand

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My first experience of a barbecue was as a seventeen year old at a friend's house. His father, Douglas, was an expert at barbecuing, with many years experience, we thought! It was a hot summer's day but with a light breeze, so Douglas, with all that experience, decided to erect a cardboard frame about one foot high around three sides of the barbecue. The barbecue grill itself, which was fuelled with charcoal, was positioned next to, and underneath, some trees in the back garden. Not having seen a barbecue being lit before I was keen to watch, and moved in closer. Douglas placed the firelighters in the grate, set fire to them and arranged the charcoal in a pyramid over them. A number of years later I found out that this was the classic way to light a barbecue. Now, Douglas, in an attempt to speed up the process uncovered his secret weapon and enthusiastically said "Lighter fuel, this will have the barbecue going in seconds!" With the poise of a highly trained swordsman, Douglas sent a jet of lighter fuel through the air and across the whole length of the barbecue. Douglas was right! The barbecue erupted into flame. I was very impressed. Unfortunately, seconds later so did the cardboard frame and then the surrounding trees! Luckily there were enough of us there to safely put out the flames and to carry on with the barbecue.

A few years later I began barbecuing for myself and always remembered Douglas and his flaming trees. Apart from not erecting a cardboard frame around your barbecue and keeping it well away from trees, there are some simple rules to follow to ensure that you start your charcoal barbecue in safety.

If you're setting up a barbecue for the first time, read the instructions carefully first.

Carefully choose where to set-up your barbecue. Make sure that it's on level ground and don't try to move it once it's lit.

Don't attempt to start your barbecue in very high winds. Not even with a cardboard frame!

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Don't try to barbecue indoors. I know people that have tried to barbecue in a shed and in a garage!
Extremely dangerous.

Use proper firelighters to start your barbecue. They're better than rolled up paper and won't fly away in the wind.

Only ever use purpose-made firelighters and fuel on your barbecue. Never use petrol, white spirit, or paraffin. Not only is it extremely dangerous but it also taints the flavour of the food.

Everyone loves a barbecue but don't forget that the grill gets extremely hot. Follow the rules above and keep safety in mind. You'll experience a great barbecue, your guests will have lots fun and you'll enjoy yourself.

Les runs The Barbecue Hut website that provides useful information about barbecue grills and smokers, and also includes a wide selection of recipes. He is also author of The Char Grill Chat newsletter. Website: <http://www.barbecuehut.com> Newsletter: http://www.barbecuehut.com/chargrill_chat



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