

Make Your Own Rubs and Marinades



Use rubs and marinades to add flavor to meats, poultry, fish, and vegetables without adding many calories. Some store-bought rubs and marinades contain added sodium (salt), sugar, and preservatives. Homemade rubs and marinades are healthier and usually cost less than store-bought varieties.

What Are Rubs and Marinades?

A **rub** is a mixture of herbs, spices, salt, and sometimes sugar that is rubbed into meat, poultry, or fish before cooking. Wet rubs have just a touch of oil or other moist ingredients. Rubs work well on foods that will be broiled, roasted, or grilled.

A **marinade** is a seasoned soaking liquid used to add flavor to foods before cooking. The acidic ingredients in marinades (like citrus juice, wine, or vinegar) help tenderize (soften) meat, fish, and poultry before they are broiled, roasted, baked, or grilled.

Getting Started

Pick a rub or marinade recipe that works well with meat, poultry, fish, or veggies. If you make a dry rub, consider making several batches and saving some for later. Dry rubs can last for up to 6 months when stored in an airtight jar in a cool, dry place.

How to Make a Rub

1. Measure all ingredients and place them in a bowl.
2. Stir well to combine.
3. For smaller cuts of meat, poultry, or fish, spread or pat on the rub right before cooking. For larger cuts of meat, pat on the rub 24 hours before cooking and keep the meat refrigerated.

Equipment

- Measuring cups and spoons
- Mixing bowl
- Whisk (for marinades)

How to Make a Marinade

1. Measure all ingredients and place them in a bowl.
2. Whisk the ingredients well to combine.
3. Once the marinade is mixed, place the vegetables, meat, poultry, or fish in the bowl. Use tongs to evenly toss and coat the food with the marinade.
4. Cover the bowl and refrigerate for at least 30 minutes. For more flavor, let fish sit in the marinade up to 1 hour; let meat or poultry marinate overnight.
5. Before cooking a food, remove it from the marinade. Throw away any leftover marinade that touched raw meat, fish, or poultry.

Recipe Ideas

Easy Teriyaki Marinade

1. In a medium bowl, whisk together $\frac{1}{2}$ cup teriyaki sauce, 3 tablespoons brown sugar, and 2 tablespoons rice vinegar.
2. Add beef, chicken, fish, or your favorite veggies to the bowl. Toss the food in the marinade to coat it.
3. Cover the bowl and refrigerate for at least 30 minutes before cooking.

Flavorful Broiled Vegetables

1. In a bowl, whisk together $\frac{1}{4}$ cup olive oil, $\frac{1}{4}$ cup low-sodium soy sauce, $\frac{1}{4}$ cup balsamic vinegar, 2 teaspoons sugar, 1 tablespoon minced ginger, and $\frac{1}{2}$ teaspoon ground black pepper.
2. Add 6 cups cubed raw vegetables (eggplant, zucchini, summer squash, bell peppers, mushrooms, and/or onion) and toss until well coated.
3. Cover the bowl and let the vegetables marinate for at least 30 minutes at room temperature.



4. Preheat the broiler.
5. Lightly coat a baking sheet with nonstick cooking spray.
6. Spread the marinated vegetables on the baking sheet in a single layer. Broil the vegetables until tender yet crisp and slightly browned. Serves 12.

Simple Beef Rub

1. In a small bowl, combine $\frac{1}{4}$ cup chili powder; 1 tablespoon each of cumin, paprika, and garlic powder; and $\frac{1}{2}$ teaspoons salt.
2. Rub the mixture on $1\frac{1}{4}$ pounds of your favorite cut of lean beef, such as tenderloin, London broil, or flank steak, and then broil or grill. Serves 4.

