



# Rubs



Our low and slow rubs are stronger in flavour, and don't contain delicate herbs. As with low and slow foods, they are designed for cooking over a long time, so you need the flavours to be more pronounced, and there's no point including delicate herbs as they will cook out over time. By all means the low and slow rubs can be used on quicker foods, but be sure to go easy as they are designed with stronger flavours in mind!

## IDEAL FOR LOW AND SLOW COOKING

### BEEF LOW AND SLOW RUB



Protein	Cut + Weight	Product Amount	Notes
Beef	6 kg brisket	20 teaspoons	Cooked low and slow
Beef	800 g rump cap	3 teaspoons	Oil first and reverse sear. Amazing with a fresh chimichurri.
Beef	200 g cheek	1 teaspoon	Cooked low and slow
Beef	1 kg beef ribs	5 teaspoons	Cooked low and slow

### PORK LOW AND SLOW RUB



Protein	Cut + Weight	Product Amount	Notes
Pork	1kg pork ribs	5 teaspoons	Cooked low and slow
Pork	1.4 kg pork belly, cubed	9 teaspoons	Cooked low and slow to make pork belly burnt ends

### ALL-PURPOSE LOW AND SLOW RUB



Protein	Cut + Weight	Product Amount	Notes
Pork	1.7 kg pork shoulder	10 teaspoons	Cooked low and slow. Amazing served with carolina sauce.
Vegetable	350 g cauliflower, florettes	1 ¼ teaspoons	Oil first
Poultry	350 g chicken breast	1 ¾ teaspoon	Oil first
Poultry	2 kg whole chicken, butterflied	4 teaspoons	Oil first
Seafood	1 salmon fillet	¾ teaspoon	Oil first

### LAMB LOW AND SLOW RUB



Protein	Cut + Weight	Product Amount	Notes
Lamb	400 g lamb ribs	4 teaspoons	Cooked low and slow
Lamb	1.5 kg lamb shoulder, butterflied	16 teaspoons all over + through	Ensure rub is sprinkled all through roast before being tied up. Cooked low and slow





# Seasonings



Seasonings are best for quick/ flat cuts of meat or roasts. Think delicious mid-week meals like steaks, chops, chicken pieces, whole chickens, roast beef and veggies.

## IDEAL FOR QUICK COOKS AND ROASTS

### STEAK SEASONING



Protein	Cut + Weight	Product Amount	Notes
Beef	200 g scotch fillet	3/4 teaspoon	Oil first
Vegetable	125 g portobello mushroom	3/4 teaspoon	Oil first. Second half of cooking time - Flip over and put dollop of butter in cup.
Lamb	440 g lamb cutlets	2 teaspoons	Oil first

### BARBECUE SEASONING



Protein	Cut + Weight	Product Amount	Notes
Poultry	2 kg whole chicken	4 teaspoons	Oil first
Lamb	440 g lamb cutlets	2 1/2 teaspoons	Oil first
Pork	200 g cutlet	1 teaspoon	Oil first
Vegetable	corn ribs (1 cob)	1 teaspoon	Oil first

### GREEK SEASONING



Protein	Cut + Weight	Product Amount	Notes
Lamb	1 lamb rump steak (approx 100g)	3/4 teaspoon	Oil first
Lamb	1 lamb backstrap (approx 330g)	2 1/4 teaspoons	Oil first
Poultry	450 g chicken wings	2 1/2 teaspoons	Oil first
Beef	1.7 g bolar roast	3 1/2 teaspoons	Oil first
Beef	200 g steak	3/4 teaspoon	Oil first
Pork	1.7 kg pork loin (rolled porchetta)	4 1/2 teaspoons	sprinkle on inside, still oil and salt outside

### HERB SEASONING



Protein	Cut + Weight	Product Amount	Notes
Poultry	3 chicken tenderloins	1 teaspoon	Oil first
Poultry	350 g boneless chicken thighs	2 teaspoons	Oil first
Seafood	1 salmon fillet (approx 150g)	3/4 teaspoon	Oil first
Vegetable	250 g potato, cut into wedges	1 teaspoon	Oil first
Vegetable	125 g portobello mushroom	2 teaspoons	Oil first. Second half of cooking time - Flip over and put dollop of butter in cup.