



## FIND MORE RECIPES AT THE NBPL!

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Check out these resources for more recipes and information about spices!

Cookbooks can be found at 641.5 in the non-fiction section.

Books about spices can be found at 641.338 in the non-fiction section.

This month's spice was purchased at  
Bins and Bins  
at 107 Shirreff Ave.,  
North Bay, ON.

*bins & bins* 

Tell them the NBPL  
sent you!  
Receive 10% off your  
purchase at Bins and  
Bins when you  
mention our  
Spice Club!

## SHOW US WHAT YOU'VE MADE!

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Post your photos and tag us  
@north\_baypl or email us at  
northbaypublib@gmail.com.



## Spice Club

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JUNE 2024:  
BBQ RUB



## THIS MONTH'S SPICE: BBQ RUB

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### BBQ RUB

#### BBQ RUB INGREDIENTS:

- ¼ cup brown sugar
- ¼ cup smoked paprika
- 2 tablespoons sea salt
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon black pepper
- 1 tablespoon chili powder
- 1 tablespoon mustard powder
- 1 teaspoon cayenne pepper, optional addition for heat

Makes approximately 1 cup of dry rub.

#### INSTRUCTIONS:

- Combine all ingredients in a small bowl or mason jar.
- Store in an airtight container in the pantry for up to 6 months.
- Using 1 tablespoon of rub per pound of meat is recommended.

This rub can be used on pork, chicken, beef, shrimp, or anything else you can think of! Try experimenting to see!

You can also adjust the ingredients opposite to make the rub unique and to your taste!

## DID YOU KNOW?

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BBQ rubs, like most spice blends, can be as varied and unique as the people making them.

Sweet, smokey, or spicy, bbq rubs can be tailored to your own taste and preferences. They are also very versatile and can be used on a number of main dishes and sides.

Tag us on Facebook or @north\_baypl to show us what you make!

This month's recipe is from  
[www.whitneybond.com](http://www.whitneybond.com)