

Deejay's Book of RUBS



The Best Information Available From The Smoking Pros
On The Internet and the USDA

Assembled and Compiled by Deejay 2006

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About Marinades And Rubs

A marinade is a highly seasoned liquid used to impart flavor and in some cases, tenderize tougher meats.

A rub is a highly concentrated blend of herbs and spices that flavors the exterior of the meat as it grills.

Marinades consist of liquid ingredients such as fruit or vegetable juices, wine or water and oil in combination with seasoning for several hours or as long as overnight to impart flavor and/or tenderize. To tenderize a marinade must contain an acidic ingredient such as lemon juice, wine, vinegar, or yogurt, the acid penetrates meat fibers to help tenderize them.

Rubs are applied to the exterior surface of the meat just before grilling; they need no standing time. However for convenience rubs may be applied several hours in advance. The coated meat should be refrigerated until grilling time. Flavors become more pronounced the longer the rub is on the meat.

Create your own blend or seasonings for rubs or use a commercial blend. Tips for marinade always marinate in the refrigerator; never at room temp. Allow 1/4-1/2 cup of marinade for each 1-2 lbs. meat. Marinades may be cooked or uncooked. Cooked marinades should be completely cooled before use. A heavy duty plastic food bag is convenient for marinating. Select dishes in which the meat will fit snugly but lie flat. Turn meat occasionally during marinating so all sides are exposed to the marinade for tenderization to take place. Most meat cuts must be marinated for at least 6 hours, or as long as overnight. For flavor marinate 15 minutes or as long as 2 hours. Marinades may also be brushed on during grilling. Discard used marinades; never reuse them. -

My favorite rub comes from a great book, "The Thrill of the Grill" by Schlesinger and Willoughby, and consists of the following:

Dry rubs

The rub is the second most important part of the barbecue process, next to the smoking technique. There are two main concepts to keep in mind when formulating your rub. The proportion of salt should be great enough to trigger osmosis and begin to draw the moisture from the surface of the meat, and (some may disagree with this) the proportion of sugar should not be excessive because it will caramelize and burn during smoking and leave a bitter taste. However, since sugar contributes to osmosis, it is an important component and shouldn't be eliminated.

Beyond that, your rub should only be limited by your imagination. Other ingredients to consider can include paprika, cumin, garlic powder, onion powder, black pepper, cayenne pepper, chile powder, oregano, sage, or whatever sounds good to you.

I like to keep my rub in a shaker for easy application. Rub should be applied at least the night before smoking. Anything longer, up to three days, is better. Shake the rub over the entire surface of the meat to be smoked. Use a generous amount at first and then, as it starts to get moist and adhere, add more. I don't think it's necessary to "rub" it in. I find that that only results in uneven distribution, and besides, it stains your hands. Wrap the meat loosely in butcher paper and leave in the fridge until a couple of hours before smoking.

I find rubs to be far more useful than marinades especially for large pieces of meat such as briskets and pork butts. For cuts such as these, the internal and external fat melts through the meat during cooking keeping it moist. I believe that the texture of the meat is improved by drawing out excess moisture, before cooking, through osmosis. The dry surface of the meat and the rub itself combine to produce a flavorful and attractive crust on the finished product. Unless it is thoroughly blotted dry on the surface, marinated meat won't color properly.

All-South Barbecue Rub

2 tablespoons salt
2 tablespoons sugar
2 tablespoons brown Sugar
2 tablespoons ground cumin
2 tablespoons chile powder
2 tablespoons freshly cracked black pepper

1 tablespoon cayenne pepper
4 tablespoon paprika

Simply mix together. I usually double or quadruple the recipe since it is used liberally.

General-Purpose Dry Rub

2-1/2 tablespoons dark brown sugar
1-1/2 teaspoons dried sweet basil
1/8 teaspoon ground cumin
3/4 teaspoon ground coriander
3/4 teaspoon ground savory
3/4 teaspoon dried thyme
3/4 teaspoon black pepper
3/4 teaspoon white pepper
2 tablespoons paprika
2 teaspoons dry mustard
2 teaspoons onion powder
2 teaspoons garlic powder
2 tablespoons salt

Poultry Perfect Rub

Recipe By : "Smoke and Spice"

3/4 cup Hungarian paprika
1/4 cup black pepper -- freshly ground
1/4 cup celery salt
1/4 cup sugar
2 tablespoons onion powder
2 tablespoons dry mustard
2 teaspoons cayenne

2 tablespoons zest from 3 to 4 lemons, dried and minced

Mix ingredients in a bowl. Store in a tightly sealed jar in a cool dark place.

Barbecue Spice Mixture

1/2 cup Chili powder
1/4 cup Hickory flavored salt
3 tablespoons Onion powder
2 tablespoons Cumin
1 tablespoon Paprika

1 tablespoon Garlic
1 tablespoon Brown sugar
1 teaspoon Cayenne pepper
1/2 teaspoon Dry mustard
1/2 teaspoon Lemon zest
Mix ingredients thoroughly.

Garry Howard -- Dry Rub No. 1

Recipe By : GRILLIN' AND CHILLIN' SHOW #GR3603

1 tablespoon paprika, Hungarian
1/2 teaspoon celery salt
1/2 teaspoon sugar
1/2 teaspoon sage
1/2 teaspoon mustard
1/2 teaspoon Chipotle powder

Mix all ingredients well and reserve in refrigerator, covered tightly. Will keep for up to 2 weeks.

Bear's Brisket Rub

2 tablespoons garlic powder
2 tablespoons onion powder
2 tablespoons salt
2 tablespoons pepper
1 tablespoon thyme
1 cup dark brown sugar
Mix ingredients well and rub on.

Jack's Dry Rub

Recipe By : GRILLIN' & CHILLIN' SHOW GR3626

1 teaspoon sage
1 teaspoon salt
1 teaspoon pepper
1/2 teaspoon ground cumin
Combine all ingredients, and mix well.

"On The Grill Memphis" Rib Rub

Recipe By : On The Grill Magazine - June 1997

- 3 tablespoons paprika
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 tablespoon ground basil
- 1 1/2 tablespoons dry mustard
- 1 tablespoon red pepper
- 1/2 tablespoon black pepper

Combine dry rub ingredients and rub onto ribs. Cook ribs over hickory coals at 190 to 200F 4 to 5 hours.

Fifteen minutes before serving coat the ribs with heated honey.

Cambridge Dry Rub (thanks to Chris Schlesinger)

Recipe By : John Willingham's World Championship Bar-B-Q

- 1/2 cup dark or light brown sugar
- 3 tablespoons salt
- 3 tablespoons black pepper
- 3 tablespoons chili powder
- 2 tablespoons cumin powder
- 2 tablespoons paprika
- 2 teaspoons garlic powder -- optional
- 2 teaspoons lemon pepper -- optional

I adapted this rub from a recipe by my good friend Chris Schlesinger. His version is in his book "The Thrill of the Grill", which he wrote with John Willoughby. I have altered the quantities of the ingredients to suit my own tastes. This is an excellent all-purpose rub for chicken, fish, pork, beef, or lamb, and can also be a breading for deep-frying. Sprinkle it into the batter for deep-fried zucchini, onion rings, or mushrooms. Wow! For a basting sauce or marinade, I add soy sauce, vinegar, and water.

In the top half of a double boiler set over simmering water, combine all the ingredients. Cook for about 20 minutes, stirring every 5 minutes or so, until the sugar begins to melt and the mixture thickens.

Remove from the heat and let the mixture cool to 100F. Pass the mixture through a sifter. Use immediately or store in a cool, dark place for several months.

Spicy Chili Rub

1 tablespoon ground black pepper
2 teaspoons cayenne pepper
2 tablespoons chili powder
2 tablespoons ground cumin
2 tablespoons brown sugar
1 tablespoon ground oregano
4 tablespoons paprika
2 tablespoons salt
1 tablespoon granulated sugar
1 tablespoon white pepper
Mix all ingredients in small bowl.

There are as many ways of doing barbecue as there are people--there are no two going to do it just alike. I use both salt and brown sugar in my rubs and sauces and anything else I can find. I don't think I ever make a rub or BBQ sauce the same two times in a row. I may try but there is always something that is a little different. So just play with your sauces and rubs and get them to where you like them.

Chris Schlesinger's BBQ Rub

1/4 cup paprika
1/4 cup cumin seed, toasted and ground
1/4 cup coriander seed, toasted and ground
1/4 cup brown sugar
1/4 teaspoon salt
1/4 teaspoon pepper

Memphis Style Barbecue Rib Recipe

Our **barbecue rib recipe** according to the Memphis way of doing things will be an unforgettable experience for you and your guests.

Memphis-Style Barbecue Rib Recipe

3 Pound Racks baby back ribs
2 Teaspoon Salt
2 Teaspoon Coarse ground black pepper
Apple Juice for Basting
1 Cup Red wine vinegar

2 Cup Onion, chopped
2 Garlic, cloves, minced
1/4 Cup Mustard, yellow prepared
1/2 Cup Brown sugar, packed
2 Cup Ketchup
2 Lemons, thinly sliced
1 Teaspoon Louisiana hot sauce

Trim as much fat as possible from ribs. On bone side, work knife tip beneath membrane that covers bone until finger tips can be worked beneath rack membrane, loosening enough to get firm grip. Then peel membrane off rack.

With paring knife, scrape any fat away from bone.

Sprinkle ribs on both sides with even, light coating of salt and pepper.

Place ribs, bone-side-down on grill. Grill over low fire 1 1/2 hours, turning every 15 to 20 minutes, replenishing fire as necessary.

Baste with apple juice at every turn during first half of cooking period either by brushing on, or simply spraying apple juice from spray bottle. If smoking with indirect heat, turn at 1 hour intervals, cooking 4 to 6 hours.

Combine vinegar, onion, garlic, mustard, sugar and hot sauce in blender. Blend until smooth. Place in saucepan and add ketchup.

Simmer 20 minutes.

Add lemon slices. Stir occasionally to keep from sticking. Use sauce as frequent baste for last half of cooking period, whether grilling or smoking, being careful not to burn ribs. Serve remaining sauce on side.

This barbecue rib recipe assumes you will be grilling either directly or indirectly however it can easily be modified for the smoker as well.

You could also use spare ribs instead of baby backs if you so desired however the smoking time would be extended to 6 hours at 225 degrees.

Sam's Rivera's BBQ Rub and Mop

For rub -

1/2 cup paprika
3 tablespoons ground black pepper
3 tablespoons coarse salt

3 tablespoons sugar
2 tablespoons chili powder

For mop-

12 ounces beer
1/2 cup cider vinegar
1/2 cup water
1/4 cup vegetable oil
2 tablespoons Worcestershire sauce
2 tablespoons minced jalapeño chilies

Alton Browns Dry Rub:

8 tablespoons light brown sugar, tightly packed
3 tablespoons kosher salt
1 tablespoon chili powder
1/2 teaspoon ground black pepper
1/2 teaspoon cayenne pepper
1/2 teaspoon jalapeno seasoning
1/2 teaspoon Old Bay Seasoning
1/2 teaspoon rubbed thyme
1/2 teaspoon onion powder

Dave's Beef Rib Rub

2 parts salt
2 parts dark brown sugar
2 parts sugar
2 parts cumin
2 parts black pepper
2 parts chile pepper
4 parts paprika
cayenne pepper to taste

Mix well and rub on ribs. -----

Barbeque-Spiced Grilled Tenderloin Steaks

1 tablespoon brown sugar
1 tablespoon sweet paprika
1 teaspoon dry mustard
1 teaspoon ground allspice
1/4 teaspoon pepper
2 each 6 oz 1" thick tenderloin steaks

Combine first 6 ingredients in small bowl. (Can be prepared 1 week ahead. Store in airtight container.) Prepare barbeque (high heat). Rub spice mixture generously into both sides of steaks. Grill steaks to desired doneness, about 3 minutes per side for medium-rare. Serve hot. Bon Appetit

Bill Martin's Secret Rub

1 cup Brown Sugar
1/8 cup salt; up to 1/4
1/8 cup black pepper and cherry pepper
1 ounce chile powder
1 ounce sage or poultry seasoning
1 teaspoon cinnamon; (secret ingredient)

Rub and let sit for a few hours, smoke with a mild wood for 1-2 hours. Don't let the tenderloin get over 165F or it'll start drying out like a field of hay in a Texas drought. Tenderloins are great to smoke in a short time and this rub is mighty tasty.

Black And Blue Rub

1 tablespoon black mustard seed
1 tablespoon black pepper; cracked
1 tablespoon red pepper; ground
1 1/2 teaspoons dry mustard
1 tablespoon salt
1 1/2 teaspoons ginger; ground

1/2 teaspoon black pepper; ground
1/2 teaspoon white pepper; ground
1/2 cup brown sugar; packed
1/4 cup sugar; granulated

Combine all the ingredients and grind into a powder. For use as an interesting alternative to ordinary rubs. Source: Kansas City Barbeque by Bill Venable, Rick Welch, Bruce Daniel

Brisket Rub And Sauce

RUB:

2 1/2 tablespoons dark brown sugar
1 1/2 teaspoons dried sweet basil
1/8 teaspoon ground cumin
3/4 teaspoon ground coriander
3/4 teaspoon ground savory
3/4 teaspoon dried thyme
3/4 teaspoon black pepper
3/4 teaspoon white pepper
2 tablespoons paprika
2 teaspoons dry mustard
2 teaspoons onion powder
2 teaspoons garlic powder
salt to taste

SAUCE:

1/4 cup vinegar
1/4 cup brown sugar
1/4 cup Worcestershire sauce
2 cups water
1 cup ketchup
1 onion; minced
1 teaspoon celery seed
salt to taste

Prepare the rub: Combine all the ingredients in a small bowl. Store the mixture in an airtight container for up to four months. There's no need to refrigerate it. To use the rub: Massage it into the meat thoroughly the night before you plan to grill or bake. Wrap the meat well in plastic wrap and place in the refrigerator until cooking time, so the flavors will be absorbed into the meat. Mix all ingredients for sauce and boil 15 minutes. Pour sauce over finished meat.

Britt's "Another Smoked Brisket Rub"

2 tablespoons non-iodized salt
2 tablespoons course black pepper
1 tablespoon chipotle powder (cayenne pepper makes a poor substitute, but will work)
1 tablespoon ground cumin
1 tablespoon garlic powder
1 tablespoon onion powder
1 tablespoon brown sugar

Wet brisket with lemon juice, then put on the rub. Smoke for 18 hours or until tender.

Ca-Rib-Bean Rub

1 tablespoon brown sugar
2 teaspoons allspice
2 teaspoons onion powder
1/2 teaspoon thyme
1 teaspoon salt
1/2 teaspoon nutmeg

Mix thoroughly and use on just about any kind of pork. Source: "Smoke and Spice", Jamisons, Cheryl

Cajun Blackened Spice Mix And Blackened Fish

1 Tablespoon paprika
2 1/2 teaspoons salt
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon cayenne pepper
3/4 teaspoon white pepper
3/4 teaspoon black pepper

1/2 teaspoon thyme
1/2 teaspoon oregano
1/4 teaspoon sage white fish fillets vegetable o

Mix all spices together and store in a tight jar. Heat 1 tablespoon vegetable oil in cast iron skillet on medium high heat until very hot, but not quite smoking. Rinse fish fillets and pat dry with paper towel. Rub a little oil on both sides of the fish and sprinkle spice mix on both sides (generously, if you like it hot). Sear the fish in the hot oil for about 1 minute. Flip it and cook the other side. If the fillets are thick, you may need to lower the heat and cover to fully cook the fish. Serve with lemon wedges. -----

Cajun Barbeque Salt

1 salt
1 1/2 ounces black pepper
2 ounces red pepper
1 ounce chili powder
1 ounce MSG

FOR SEAFOOD ADD

1 teaspoon thyme
1 bay leaf; crumbled
1 teaspoon sweet basil

Combine and sprinkle over meat.

Susan's Cajun Seasoning

1 Teaspoon oregano
1 teaspoon thyme
1 teaspoon paprika
1 teaspoon salt; (this is optional)
1 teaspoon garlic powder
1 teaspoon cayenne pepper
1 teaspoon black pepper
1 teaspoon white pepper

Mix and store in air-tight jar. -----

Deejay's Cajun Seasoning Mix

2 tablespoons salt
1 teaspoon black pepper; fresh ground
1 teaspoon lemon pepper
1 1/2 teaspoons cayenne pepper
1 teaspoon dry mustard
1 teaspoon granulated brown sugar
1/2 teaspoon garlic powder
1/2 teaspoon Vege-Sal or Mrs. Dash
1/2 teaspoon Chili Powder

In a small bowl or glass jar with a lid, combine all the ingredients. Stir or shake to mix. Use immediately or store in a cool, dark place for several months.

Cajun Seasoning Mix (Rub)

1 Tablespoon dried basil leaves
1 tablespoon dried oregano
1 tablespoon paprika
2 teaspoons salt
2 teaspoons dried thyme
1 teaspoon ground allspice

Blend all ingredients together. Use to season tender cuts of meat before grilling. Makes enough to season 2-4 pounds of meat (depending on personal taste).

Cajun Turkey Deep-Fry Seasoning Mix:

1 - 10 to 12 pound turkey

2 teaspoons salt
2 teaspoons ground red pepper (preferably cayenne)
4 tablespoons unsalted butter
3/4 cup onions, finely chopped
1/4 cup celery, finely chopped

3 tablespoons garlic minced
2 tablespoons hot pepper vinegar, peppers only, g
1 tablespoon plus 1 teaspoon salt
1 tablespoon red pepper, ground (preferably cayenne)
1 teaspoon black pepper
1/2 cup basic turkey or chicken stock
2 tablespoons Worcestershire sauce

Charlie's Maple Sugar Rib Rub

1 cup maple sugar
1/4 cup kosher salt
1/4 cup dried chilies; ground
1/2 cup brown sugar

Mix rub ingredients together and store in air-tight jar. - - - - -

Cook's Illustrated Rub

1 tablespoon black pepper
2 teaspoons cayenne (I use a little more)
2 tablespoons chili powder
2 tablespoons cumin
2 tablespoons brown sugar
1 tablespoon oregano
4 tablespoons paprika
2 tablespoons salt
1 tablespoon sugar
1 tablespoon white pepper

Mix ingredients all together. It goes very nice with a Mustard Sauce

Danny Gaulden's General-Purpose Dry Rub

3/4 cup paprika
2 tablespoons chili powder
1/4 cup black pepper
2 tablespoons garlic powder
1/4 cup salt
2 tablespoons onion powder
1/4 cup sugar
1 tablespoon cayenne pepper

Eastern North Carolina Sauce And Rub

FOR THE RUB:

2 teaspoons salt
2 teaspoons sugar
2 teaspoons brown sugar
2 teaspoons cumin
2 teaspoons chili powder
2 teaspoons black pepper
1 teaspoon cayenne pepper
1/4 cup paprika

FOR THE SAUCE:

1 cup white vinegar
1 cup cider vinegar
1 tablespoon sugar
1 tablespoon red pepper flakes
1 tablespoon Tabasco sauce
1 tablespoon black pepper

Mix rub ingredients well and apply to meat before cooking. Mix sauce well before using. -----

Emeril's Southwest Dry Rub

3 tablespoons chili powder
2 tablespoons paprika
1 tablespoon cayenne
1 tablespoon ground cumin
1 tablespoon ground coriander
1 tablespoon granulated garlic
1 tablespoon granulated onion
1 tablespoon kosher salt
1 tablespoon cracked black pepper

Combine all ingredients thoroughly. Store in an air-tight container.
Source: EMERIL LIVE -- SHOW #EMIA51

Emeril's Southwest Spice

2 tablespoons chili powder
2 teaspoons cumin; ground
2 tablespoons paprika
1 tablespoon oregano; dried
1 tablespoon coriander; ground
1 teaspoon cayenne pepper
1 tablespoon garlic powder
1 teaspoon crushed red pepper
1 tablespoon salt
1 teaspoon black pepper

Combine all ingredients thoroughly. Store in an air-tight container

Fergy's Imitation Hog's Breath

1 tablespoon Lowry's season salt
1 teaspoon garlic powder
1 teaspoon onion powder
1/2 teaspoon black powder
1/2 teaspoon MSG

After mixing and trying I think some red pepper would be a nice addition (or maybe chipoltes)! WAKE UP UHMERIKA!

Kansas City Barbeque Society Barbeque Rub

2 cups sugar
1/4 cup paprika
2 teaspoons chili powder
1/2 teaspoon cayenne
1/2 cup salt
2 teaspoons black pepper
1 teaspoon garlic powder

Combine all ingredients and store in a tightly-sealed jar in a cool dark place. Use as a rub for any barbecued meat. - - -

Memphis-Style Dry Barbeque Seasoning

1 tablespoon garlic powder
1 tablespoon onion powder
1 tablespoon white pepper
1 tablespoon black pepper
1 tablespoon chili powder
1 tablespoon ground red pepper
1 tablespoon cumin
2 tablespoons paprika

Mix all ingredients in a bowl. Pour into a salt shaker. Sprinkle lightly on ribs or chops during grilling for "dry" barbeque flavor. Once ribs are ready, shake seasoning over meat to taste and serve. Use this method along with barbeque sauce for an extra spicy effect.

World Championship Barbequed Ribs

5 pounds pork loin back ribs

*****DRY RUB*****

4 tablespoons paprika
2 teaspoons salt
2 teaspoons onion powder
2 teaspoons pepper, black
2 teaspoons pepper, white
2 teaspoons pepper, red

*****BARBEQUE SAUCE*****

6 tablespoons salt
6 tablespoons pepper, black
6 tablespoons chili powder
4 cups ketchup
4 cups vinegar, white
4 cups water
1 each onion, large, yellow, diced
1/2 cup molasses, sorghum

Barbeque Sauce: Combine ingredients in a large saucepan. Bring to a rolling boil, reduce heat and simmer 1 1/2 hours, stirring every 10 minutes or so. Pour into sterilized canning jars, seal and let stand 2 to 6 weeks before use. (If you are like me, not much chance of this happening, but it is a nice touch to the recipe - CWS)

Dry Rub: Mix ingredients together thoroughly. Preparation: Sprinkle dry rub liberally on ribs. Allow ribs to stand 20 to 30 minutes at room temperature until the rub appears wet. Prepare a smoker for long, slow (230F) indirect cooking, using hickory chips or other hardwood chips for extra flavor. Cook ribs, bone side down, for 2 hours at 230F in a smoker using indirect heat. Turn and cook 2 more hours. Turn and cook one more hour. During the last 15 minutes, baste with barbeque sauce diluted by half with water. Serve ribs with warmed, undiluted sauce on the side.

Source: David Cox, Little Rock, winner of the 1991 World Championship Barbecue Cooking Contest in Memphis,

Wild Willy's Number One-Derful Rub

3/4 cup paprika
1/4 cup ground black pepper
1/4 cup salt
1/4 cup sugar
2 tablespoons chili powder
2 tablespoons garlic powder
2 tablespoons onion powder
2 teaspoons cayenne

NOTES : All purpose rub, good on ribs, brisket, chicken, and more.

Willingham's Cajun Bbq Seasoning Mix

2 teaspoons salt
1 teaspoon black pepper; freshly ground
1 teaspoon lemon pepper
1 1/2 teaspoons cayenne pepper; (or more)
1 1/2 teaspoons mild chili powder or use hot chili
1 teaspoon dry mustard
1 teaspoon brown sugar
1/2 teaspoon garlic powder
1/4 teaspoon cinnamon
1/4 teaspoon MSG

Combine ingredients and keep in a glass jar with a tight-fitting lid. Store in a cool dark place.