

Tried and True
Recipes from the Fine Folks at:
Smoking Meat Forums

<http://www.smokingmeatforums.com/>

<http://www.deejayssmokepit.net/>



Cajunsmoker – Rodger - Monroe, La
Nearing the Status of Smoke God
OTBS Member

CajunSmoker's Rub

4 TBSP Splenda brown sugar (if regular brown sugar use 8 TBSP)
1 TBSP Red Pepper (cayenne) 1 TBSP Chili powder
1 tsp Black Pepper 1.5 tsp dry mustard
1.5 tsp onion powder 1/2 tsp white pepper

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