



Captain's Shack Montreal Rub

Author: Bob and Robin Young

Categories: BBQ Rub

Yield: 2 c

Start to Finish Time: 10 minutes

Preparation Time: 10 minutes

Directions

- 1) Combine all ingredients in a glass jar and shake to combine.
- 2) If seasonings are whole, process in a blender or spice mill so that they are still large but not whole.

Ingredients

4 t coarse Sea Salt
1 T cracked Pepper
1 T Onion Flakes
1 T Smoky Paprika
3/4 T fresh Thyme
leaves, stems removed
3/4 T fresh Rosemary
leaves, coarse chop
1/2 T Corriander Seed
1/2 T Dill
2 t Garlic Flakes

Notes: Montreal steak seasoning, also known as Montreal steak spice, Canadian steak seasoning, or Canadian steak spice, is a spice mix used to flavor steak and grilled meats that was based on the pickling dry-rub mix used in preparing Montreal smoked meat. The smoked meat seasoning is derived from pickling mixes used in Eastern Europe or Romanian Jewish cuisine. The primary constituents of Montreal steak seasoning include garlic, coriander, black pepper, Cayenne pepper flakes, dill seed, and salt. The spice mix recipe varies slightly among restaurants and manufacturers.