

# cajun spice rub

RECIPE FROM: [Cook's Illustrated](#)

PREP TIME: 5 minutes

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½ cup sweet paprika  
2 Tbsp sea salt  
2 Tbsp garlic powder  
1 Tbsp dried thyme  
2 teaspoons ground celery seed  
2 tsp ground black pepper  
2 tsp cayenne pepper

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**To apply spice rubs to meats, sprinkle over the meat and then gently massage to make sure the seasonings adhere.**

**As a general rule, use about 1 Tbsp of rub per portion of poultry or meat and 1 tsp of rub per portion of fish.**

**The flavor of the spice blend will penetrate deeper into the food if given time so, if time permits, refrigerate rubbed meat for at least an hour to maximize flavor.**

**This spice blend can be used on fish, chicken, beef, pork or vegetables.**

MIX all ingredients thoroughly.

STORE in an air-tight container or jar.