

Dry Spice Rub for Fish

A seasoned liquid, a thick paste of herbs and spices or a mixture of dried herbs and spices are marinades. To marinate, let food sit in a wet or dry mixture to tenderize and/or increase the flavor of the food. A dry marinade- a spice rub- is massaged into the food, infusing it with a particular blend of spices and dried herbs that grows stronger as the coating remains on the food. Foods usually sit in marinades for at least one hour, or overnight, depending upon the desired intensity of the flavor and the amount of preparation time available to you. For a short period of time- one hour or less- marinating foods can be left out at room temperature; otherwise kept in the refrigerator. If chilled, let food warm to room temperature (about 30 minutes) before cooking.

- 2 teaspoons grated lemon rind
- 1 teaspoon garlic powder
- 1 teaspoon tarragon
- 1 teaspoon basil
- 2 teaspoons freshly ground black pepper
- 1/2 teaspoon cayenne pepper
- 1 tablespoon paprika
- 1/2 teaspoon salt

Mix all ingredients. To prepare the dry spice rub, wash and dry all food before marinating. Lightly coat fish with olive oil spray. Massage spice rub over fish. Use from 1 to 2 tablespoons of marinade per pound of fish. Let stand no more than 1 hour at room temperature before cooking to allow spices to permeate the fish.

Servings: 8

Yield: 4 tablespoons

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	6.62
Calories From Fat (22%)	1.45
	% Daily Value
Total Fat 0.17g	0%
Saturated Fat 0.03g	0%
Cholesterol 0.00mg	0%
Sodium 146.21mg	6%
Potassium 45.82mg	1%
Carbohydrates 1.43g	0%
Dietary Fiber 0.67g	3%
Sugar 0.21g	
Sugar Alcohols 0.00g	
Net Carbohydrates 0.76g	
Protein 0.34g	1%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
2 teaspoons grated lemon rind	2 x 1 teaspoon of Lemon peel, raw
1 teaspoon garlic powder	1 x 1 teaspoon of Spices, garlic powder
1 teaspoon tarragon	1 x 1 teaspoon of Spices, tarragon, ground
1 teaspoon basil	1 x 1 teaspoon of Spices, basil, ground
2 teaspoons freshly ground black pepper	2 x 1 teaspoon of Spices, pepper, black
1/2 teaspoon cayenne pepper	0.50 x 1 teaspoon of Spices, pepper, red or cayenne
1 tablespoon paprika	1 x 1 tablespoon of Spices, paprika
1/2 teaspoon salt	0.50 x 1 teaspoon of Salt, table

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