

# Spice rub

from scratch.

A guide to help you create the best spice mix from scratch, exactly how you like it. Choose one or two from each section, or ask our team to help you!

**Salt**  
8 TBSP

Flaky sea salt  
Himalayan pink salt  
Himalayan white rock salt



**Sugar**  
6 TBSP

Soft brown sugar  
Demerara sugar  
Rapadura sugar



**Spice**  
4 TBSP

Ground paprika  
Smoked paprika  
Chipotle powder  
Cumin seeds  
Cumin powder  
Garlic powder



**Pepper**  
1/2 Scoop

Cayenne pepper  
Ground black pepper  
Chilli powder



