

# Chicken and Turkey Spice Rub



## Ingredients

14 grams	Cumin seeds
9.5 grams	Coriander seeds
14.5 grams	Celery seeds
19.5 grams	Mustard seeds
15 grams	Black peppercorns
16 grams	Onion powder
5 grams	Turmeric
40 grams	Kosher salt
75 grams	White sugar
4.5 grams	Dried marjoram
7.5 grams	Dried rosemary
5 each	Bay leaf

## Method

1. Mix all ingredients together in a medium bowl and grind with a coffee grinder or high power blender.
2. Store in an airtight container for up to 3 months.

V1.1