

This recipe is by Jim Goode, pitmaster at Goode Company Barbecue in Houston, TX. It's a great rub for beef including ribs, roasts or brisket.

Jim's rub, one of many being used all over the country today, enriches not only beef but also pork and lamb. It's easy to prepare and easy to store: Once you mix Jim's spices, they'll keep in an airtight jar in your pantry all summer long.

2 1/2 tablespoons dark brown sugar
2 tablespoons paprika
2 teaspoons dry mustard
2 teaspoons onion powder
2 teaspoons garlic powder
1 1/2 teaspoons dried sweet basil
1 teaspoon ground bay leaves
3/4 teaspoon ground coriander
3/4 teaspoon ground savory
3/4 teaspoon dried thyme
3/4 teaspoon freshly ground black pepper
3/4 teaspoon white pepper
1/8 teaspoon ground cumin
Salt, to taste

1. Prepare the rub: Combine all the ingredients in a small bowl. Store the mixture in an airtight container for up to four months. There's no need to refrigerate it.

2. To use the rub, massage it into the meat thoroughly the night before you plan to grill. Wrap the meat well in plastic wrap and place in the refrigerator until grilling time, so that the flavors will be absorbed into the meat.

Makes 3/4 cup. Per tablespoon: 18 calories, .3g fat, no cholesterol.