

Elizabeth Karmel's Make Your Own Rub Chart

SALT Choose 1	SUGAR Choose 1 to 2	PEPPERS Choose 1 to 3	SAVORY SPICES Choose 1 to 4	SAVORY FLAVORED POWDERS Choose 1	SWEET SPICES Choose 1 to 4	SWEET FLAVORED POWDERS Choose 1	OTHER Choose 1 to 5
Kosher salt Fine sea salt Coarse sea salt Celery salt	Dark brown sugar Light brown sugar Sugar in the raw White Sugar	Ancho chile Black pepper Blended pure Chile powder Chipotle chile Cayenne pepper Green peppercorns Red chili flakes Lemon pepper New Mexico chile Pink peppercorns Szechuan peppercorns White pepper	Celery seed Coriander Cumin Dill weed Dry mustard powder Fennel Granulated garlic Hungarian paprika Onion powder Oregano Sage Smoked (smoky) Spanish paprika Thyme	Horseradish Powder Lemon Juice Powder Red Wine Powder Soy Sauce Powder Tomato Powder Vinegar Powder Worchestershire Powder	Allspice Anise seed Cardamom Cinnamon Chinese five-spice powder Cloves Mace Nutmeg Star anise	Dehydrated Honey Powder Maple Syrup Powder Molasses Powder	Dried chives Dried lemon peel Lemonade powder Dried lavender Dried parsley Dried shallots Poppy seeds Sesame seeds Fine-ground espresso powder Un-sweetened cocoa powder