



# SPICY & SMOKEY ESPRESSO GRIND RUB

By Matt

## Ingredients:

3tbsp coffee grinds (dried out on a tray on very low oven heat for 1-2 hours.)

2tbsp garlic powder

2tbsp smoked paprika

1tbsp ground black pepper

1tbsp onion powder

1tsp crushed chipotle chillies

1tsp smoked sea salt

1tbsp coriander seeds

1tbsp cumin seeds

## Method:

**Step 1:** Toast the coriander seeds and the cumin seeds in a dry pan over a medium heat until they start to jump and then blend in a spice grinder.

**Step 2:** Add all the ingredients together and store in a sealed container or jar.

**Step 3:** Good as a pre-cooking rub for slow cooked meat such as brisket or great used to season a rib-eye steak.