

## *Follow Your Bliss Catering* **RECIPE PRO**

Ready to start cooking with more flavors? Here are some of our recipes to get you started.

RECIPE PRO BBQ Dry Rub by Chef Roberto Cruz

### ***FYB BBQ Dry Rub***

#### *Jerk Chicken Drumsticks*

2 lbs. chicken drumstick

2 oz. FYB Jerk Rub

2 oz. Canola Oil

Juice of 1 lime

Juice of 1 orange

Himalayan Pink Salt & Pepper to taste

Whisk together oil, juice, salt and pepper. Toss drumsticks in mixture, rub jerk seasoning under skin, marinate min. 3 hours and grill or bake as desired to 165 degrees.

#### *Jerk BBQ Sauce Hack*

½ Pack FYB Jerk Rub

12 oz. BBQ sauce

1 T. jalapeno (scotch bonnets if you can get them)

2 oz. canola

Shot of mustard

1 oz. Key lime juice

Pour BBQ sauce in medium saucepan on medium heat. Emulsify canola, mustard, jalapeno and key lime with blender. Add Follow Your Bliss Jerk Rub, pulse blend (4 or 5 pulses). Add blender mixture to simmering sauce by whisking in gradually. Once it returns to simmer lower the heat and cover until needed. Baste your favorite Jerk Chicken just before it finishes and return it to the grill or oven. Also makes great pizza sauce. Cool before storing.