

# Texas Roadhouse Steak Seasoning

*This is the **best dry steak rub recipe** to compliment the amazing flavors in your chicken or steak, and tastes just like the **Texas Roadhouse** restaurant!*

The best part is that this steak seasoning recipe is super-duper easy. Simplicity is often the way to go when you're dealing with meat. The hardest part of all is not to fiddle with in on the grill- but seriously- don't do it. Leave it alone. Set it and be done with it. Get your timing right (see instructions below)- and you'll be happily munching on a big juicy steak in no time. Here is more information to help you achieve that perfect steak:

## When to Put Dry Rub on a Steak:

There are two methods that work best:

—**40 Minutes before you cook the steak:** This allows the salt to penetrate through the surface (through osmosis) and actually helps break down the muscle fibers, which results in a more tender meat. During this time, the liquid that initially surfaced has time to reabsorb, which makes the meat juicier.

—**Overnight:** You can apply dry rub a day in advance and let it sit overnight in the refrigerator. The surface may appear to be dryer in the morning but you will actually only lose about 5% of moisture which is far less than what you'd lose if you were to cook the steak immediately, which is up to 20%. See more about this.

**FULL RECIPE IN THE NEXT PAGE, ENJOY ☐**

# Ingredients

- 2 tablespoons kosher salt
- 2 teaspoons brown sugar
- 1 teaspoon freshly ground black pepper
- $\frac{1}{2}$  teaspoon paprika
- $\frac{1}{2}$  teaspoon chili powder
- $\frac{1}{4}$  teaspoon garlic powder
- $\frac{1}{4}$  teaspoon garlic salt
- $\frac{1}{4}$  teaspoon onion powder
- $\frac{1}{4}$  teaspoon turmeric

# Steps

1. Gather a medium-sized bowl, a gallon-sized plastic bag with a zip top, a pair of scissors and a spice jar with a shaker-type top.
2. Measure out 2 tablespoons of kosher salt and pour into the bowl.
3. Add 2 teaspoons of brown sugar. Standard white sugar can also be used.
4. Measure  $\frac{1}{4}$  teaspoon of garlic powder, garlic salt, onion powder and turmeric. Add all seasonings to the bowl.
5. Add  $\frac{1}{2}$  teaspoon of paprika and chili powder to the bowl.
6. Measure out 1 teaspoon of black pepper and add to the other spices in the bowl. Fresh ground, medium-sized pepper is best for this mix.
7. Stir mixture gently to incorporate all ingredients.
8. Pour seasonings into a gallon-sized plastic bag, then seal. Shake the seasonings together in the bag until the seasonings appear to be evenly blended.
9. Cut an edge off of one of the bottom edges of the plastic bags at a diagonal. The cut should be small enough for the tip of the bag to easily fit into the empty spice jar.

10. Empty spices from the bag into spice container

**NOTE :**

" Please note that some meals are better to be prepared every once in a while because of some ingredients like **meat, cheese, lot of sugar, fats..etc.**

Having meals with these ingredients all the time may damage your health. "

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