

- **BBQ Ribs:** The most traditional use is on pork ribs. Coat the ribs with the dry rub and let them sit for several hours before smoking, grilling, or baking.
- **Pulled Pork:** Rub the seasoning onto a pork shoulder or butt before slow-cooking, smoking, or roasting.
- **Chicken:** Add to chicken breasts, thighs, or wings before grilling, smoking, or baking.
- **Steak and Beef:** Use the dry rub on steaks, beef ribs, or brisket. Let the meat sit with the rub for a few hours to absorb the flavors before cooking.
- **Fish and Seafood:** Sprinkle on fish, shrimp, or scallops before grilling or baking.
- **Vegetables:** Toss veggies with olive oil and Memphis Blues before roasting or grilling.
- **Tofu and Tempeh:** Coat tofu or tempeh with Memphis Blues and then grill or bake.
- **Popcorn:** Sprinkle a small amount on popcorn for a unique, savory snack.
- **Nuts:** Toss nuts like almonds, cashews, or pecans with a little oil and Memphis Blues before roasting for a spicy, crunchy treat.
- **Oven Fries:** Season potato wedges or sweet potato fries with before baking. It gives the fries a flavorful, crispy coating.
- **Eggs:** Add a pinch to scrambled eggs, omelets, or deviled eggs.

# Memphis Blues

