

Four Seasons Whistler Sidecut Restaurant has six meat rubs from which you can choose. Of course, the ingredients are subject to change and proportions are top secret:

1. Lemon Buddha

Salt / Oregano / Thyme / Onion / Garlic / Black Pepper / Citrus

2. Caribbean Jerk

Garlic / Onion / All-Spice / Salt / Thyme / Cinnamon / Sugar / Pepper / Chile / Clove / Cumin

3. Edison's Medicine

Salt / Pepper (including Red Pepper) / Cumin / Oregano / Chile / Clove / Celery / Onion / Thyme / Garlic / Fleur de Sel / Pimento / Paprika

4. Blueberry Hill

Huckle Berry / Cedar Smoke / Thyme / Salt / Cumin / Nigella Seed / Onion / Pepper / Sugar

5. Black Agus

Cardamom / Pepper / Onion / Garlic / Cumin / Thyme / Chile / Celery / Cayenne Pepper / Mustard

6. Herbal Ember

Thyme / Parsley / Fungreek / Cumin / Rosemary / Paprika / Onion / Salt / Cedar Smoke / Oregano