

Fyre Cyder Rub Recipe

Add any additional spices such as Cayenne Pepper, Red Pepper Flakes, and/or Smoked Paprika to the Fyre Cyder rub.

Rub Fyre Cyder mixture over pork loin or chicken and wrap tightly in plastic wrap. Place protein in a 9x13-inch baking dish and refrigerate for 4 hours to overnight.

Preheat the oven to 350 degrees F (175 degrees C). Remove and discard plastic wrap from protein; return protein to baking dish.

Bake in the preheated oven until the protein is the correct temperature (165° for chicken and 145° for pork, about 30 - 40 minutes. Cover protein loosely with aluminum foil and let rest for 10 minutes.