

## Santa Maria Tri-Tip Steak Recipe

Tri-tip is a crescent shaped muscle from the bottom sirloin just in front of the hip. A typical tri-tip might be about 8" long, 3" wide in the center, and 3" thick in the center, tapering at the ends, and weighing 1.5 to 2 pounds. It has big beefy flavor, it is very lean, so it can be on the chewy side if you don't cook and slice it properly. But cook and slice it the way they do in Santa Maria, and you can have a piece almost as tender, and every bit as juicy as prime rib.

It is almost always taken off the grill when medium rare, the temp at which it is most tender, and accompanied by grill toasted bread to mop up the juices.

Here's how to make rich, juicy succulent tri-tip steaks just like they do in Santa Maria.

**Serves.** 4.

**Preparation time.** 5 minutes to season, 60 to 90 minutes to come to room temp.

**Cooking time.** 45 to 90 minutes depending on how you set up your grill.

### Ingredients

1 Hilltop Pastures Family Farm Tri-tip steak (occasionally mislabeled as a roast)

Vegetable oil - *Use a light, mild flavored oil*

Salt

Ground fresh black pepper

Garlic powder

### Do this

1) Take the meat from the fridge about an hour before cooking so it can come to room temp. This lets the enzymes that tenderize beef start work. Coat it with a light layer of cooking oil, sprinkle it with a heavy coating of spices. Massage it in and let it sit at room temp for up to 90 minutes until you are ready to cook. Don't worry about over-seasoning. When you're done you're going to cut it into thin slices so each slice will have only a small lip of flavorful crust. And don't worry about letting it sit at room temp. If there are any microbes on the surface, 10 seconds at 150°F will kill them.

2) Set up your grill for 2-zone indirect cooking.(See tip sheet on our web site for 2-zone cooking)

3) Because this is a thick hunk of flesh, we can't put it close to high heat or the exterior will carbonize and burn long before the center even warms. In Santa Maria, where the grills have a built-in elevator, they raise the meat up and flip it frequently during cooking that typically lasts as long as an hour. This long slow cooking lets the tenderizer enzymes really do their stuff. Unless you have a Santa Maria style grill, put the meat on the indirect side of the grill with the fatter end closer to the coals, close the lid, turn it every 20 minutes or so, and wait until the center hits about 110°F. This can take 30 to 45 minutes, but you must use a good digital instant read thermometer to get the temp right, especially if you are not experienced with this cut. Then move the meat over direct high heat for about 5 minutes per side or until it gets a nice dark even sear. I take my final temp up to about 130°F for medium rare.

Recipe adapted from: [www.amazingribs.com](http://www.amazingribs.com)

4) Now here's the trick to carving it. Begin with a carving board that has deep valleys cut into it or else the juice will run away from you. You will not believe how juicy this is if cooked medium rare or less. Slice it first in half through the center. Then rotate each half and cut it from the tip to the cut end, **across the grain**, in 3/8 to 1/2" slices. Cutting across the grain insures that it will be easier to chew. Fan the slices on a platter, pour the juices on top, and serve with grilled garlic bread to sop up the juices. If there are any leftovers, store it and the juices, and it makes great sandwiches.