

Discover the Great Taste of Beef Tri-Tip

This flavorful beef cut has been one of the beef industry's best kept secrets. Tri-tip was seldom marketed when carcass beef or beef quarters were delivered to retail markets because there are only two tri-tips per carcass. This meant that there was not enough for a case display. Consequently, the butcher would grind or cube it. Today, most stores receive boneless boxed beef. If you don't see tri-tip in the meat case, ASK FOR IT. It may be temporarily out of stock. Tri-tip roasts can be ordered separately if your butcher knows there is a demand.

A beef tri-tip roast is a boneless cut of meat from the bottom sirloin. It also is called "triangular" roast because of its shape.

Tri-tip roasts will vary from 1 1/2 to 2 pounds and are about two inches thick. If a roast is cooked to rare in the center, the thinner outside edges are medium to well, offering perfectly cooked beef for every taste. The tri-tip can be cooked whole or cut into one-inch thick steaks or strips. When the meat is cut into one-eighth inch strips, it can be used for stir-fry recipes and fajitas. If it is cut into one-fourth inch thick strips, weave the meat onto skewers and quickly broil or grill.

The beef tri-tip roast may be marinated if you wish. Marinating adds flavor but is not necessary to tenderize the cut. Looking for ways to reduce calories and fat? Tri-tip is the answer. A 3-ounce cooked portion of tri-tip is just 177 calories.

Cooking Tips

Beef Tri-Tip Roasts:

Broil - 4 to 5 inches from the heat source, 25-30 minutes*

Roast - 425° for 30-35 minutes*

Grill - 30-35 minutes over medium coals*

*Meat temperature will be 135° for medium rare and 150° for medium. Tent roast with aluminum foil for 10 minutes before carving. During the standing time the temperature will rise 5-10°. Carve tri-tip across the grain into thin slices.

Beef Tri-Tip Steaks, cut 1 inch thick:

Panbroil over medium heat for a total of 8 minutes, turning once.

Beef Tri-Tip Stir-Fry Strips, cut 1/8 inch thick:

Stir-fry strips 1 to 1 1/4 minutes.

Beef Tri-Tip Strips, cut 1/4 inch thick and woven on skewers:

Broil about 3 inches from heat source or grill over medium coals for 2 to 3 minutes.

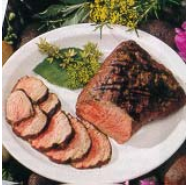
In a Hurry?

Discover how fast and flavorful a tri-tip can be with any of these quick ideas.

- Use any prepared Italian salad dressing for a zesty marinade.
- Thinly sliced left-overs make a great tasting French Dip.
- Make your mealtime a fiesta by rubbing packaged taco seasoning on the meat surface before cooking.
- Combine 1 cup prepared salsa, 1/4 cup chopped cilantro and 2 tablespoons oil for a Mexican marinade.
- Still searching for the easiest recipe? Just sprinkle the tri-tip with salt and pepper or seasoning salt. This cut is so flavorful it doesn't need anything else.

***Roast it. Grill it. Broil it. You can't go wrong with this cut!
Where has tri-tip been hiding all these years? What a
discovery!***

Grilled Tri-Tip with Oregon Herb Rub



- 1 1/2 -2 pound beef tri-tip
- 1 tablespoon salt
- 1/2 teaspoon each garlic salt and celery salt
- 1/4 teaspoon each black pepper, onion powder, paprika, dill, sage and rosemary

Trim any excess fat from meat. Moisten surface of meat lightly with water. Combine seasonings. Sprinkle with seasoning mix covering all surfaces of meat; rub well into meat. Seasoned meat may be refrigerated for several hours to enhance flavor or grilled immediately. Grill roast to desired doneness over medium coals 30-35 minutes, turning after 15 minutes. Tent roast with foil and let stand 10 minutes. Carve across the grain into thin slices.

Serves 6.

Cilantro Stuffed Tri-Tip Roast



- 1 beef tri-tip (approx. 2 lbs.)
- 1 1/2 cups herb seasoned croutons, crushed
- 3/4 cup shredded Monterey Jack cheese
- 1/2 cup fresh cilantro, finely chopped
- 1 egg, slightly beaten
- 1 green onion, finely chopped
- 1 1/2 teaspoons lime juice

Salt and pepper
1/4 cup green jalapeno pepper jelly

Preheat oven to 425°. Trim excess fat from meat. Cut a pocket parallel to the surface along long side. Combine croutons, cheese, cilantro, egg, green onion and lime juice; mix well. Pack stuffing into pocket. Skewer opening or tie with string. Season exterior. Roast in shallow pan 25 minutes. Brush with melted jelly. Reduce oven temperature to 350°; roast an additional 5-8 minutes to desired doneness. Allow to stand 10 minutes. Carve tri-tip cross-grain in 1/2 inch slices.

Serves 6.

Pacific Rim Marinated Tri-Tip



- 1 1/2 - 2 pound beef tri-tip
- 4 green onions, sliced
- 1 cup soy sauce
- 3 tablespoons sesame oil
- 1 tablespoon each sugar and chopped fresh ginger
- 4 cloves garlic, crushed
- 1 teaspoon toasted sesame seeds

Trim excess fat from meat. Combine remaining ingredients excluding sesame seeds. Place meat and marinade in covered glass dish or plastic bag.

Refrigerate 6-8 hours or overnight. Remove meat from marinade. Grill over medium coals, turning occasionally, about 30-35 minutes for rare or to desired doneness. Remove from grill; tent with foil for 10 minutes. Cut tri-tip cross-grain into thin slices. Place on a serving platter; sprinkle with sesame seeds.

Serves 6

Western Beef Tri-Tip Sandwiches



- 1 1/2 -2 pound beef tri-tip
- 2 cloves garlic, minced
- 1 teaspoon oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 bell peppers, halved, seeded
- 2 medium onions, sliced 3/8"
- 1 can (10 1/2 oz.) double strength beef broth

1/4 teaspoon each crushed red pepper, sage and marjoram
6 French bread rolls split

Combine garlic, oil, salt and pepper; spread over surface of beef. Broil 25-30 minutes, turning occasionally. During the last 10 minutes of broiling, place peppers and onions on broiler pan; cook until tender, turning occasionally. Allow meat to stand tented with foil 10 minutes.

Meanwhile combine broth, 3/4 cup water and remaining seasonings in saucepan. Bring to a boil; reduce heat and simmer, covered, 10 minutes. Cut peppers into strips and separate onions into rings. Carve cross-grain into very thin slices. Divide sliced beef onto rolls, top with peppers and onion. Serve with broth.

Serves 6.

Lime 'N Pepper Tri-Tip



- 1 1/2 to 2 pounds beef tri-tip, trimmed of fat
- Marinade:
- Juice of 6 limes (approximately 3/4 cups)
 - 1/4 cup olive oil
 - 1 teaspoon cumin
 - 1/2 teaspoon garlic powder
 - 1/2 teaspoon onion powder

Rub:

- 2 tablespoons coarse grind black pepper
- 1 tablespoon Kosher salt

Combine marinade ingredients. Place meat and marinade in covered glass dish or plastic bag. Refrigerate 1 1/2 to 2 hours. Remove meat from marinade, discarding marinade. Combine rub ingredients and press into all surfaces of meat. Seasoned meat may be refrigerated for one hour to enhance flavor or grilled immediately.

Grill roast to desired doneness over medium coals for 30 - 35 minutes, turning occasionally. Remove from heat and tent with foil for 10 minutes before carving across the grain into thin slices. Garnish with lime wedges, if desired.

Tip: Before grilling, coat rack with cooking spray or brush with oil to prevent rub from sticking.

Serves 6.