

Chef from the Hood Recipes



Chef:

Dan Berman, our Culinary Director

Restaurant:

Pacific Markets

Recipe:

Dan's tips on Tri-tip!



Dan's tips on Tri-tip!

I love tri-tip. It's a delicious, flexible cut of meat. At Pacific Market we use a vacuum tumbler to quickly infuse meat with marinade. It's a free service, done by our meat department while you shop! My favorite is Mesquite Tumble; it adds a fabulous smoky yet subtle character. I prefer to cook tri-tip medium-rare to medium. It's leaner than rib-eye or New York; so marinating or adding a dry rub 24 to 48 hours before you cook is a good plan.

Marinades:

Marinades with vinegar, olive oil, soy sauce, garlic, onions, salt and pepper help tenderize. We have a great dry rub mixture at the meat counter called Pacific's BBQ Spice for only \$6.49 a pound. It's made with good herbs like paprika, coriander, mustard, celery seed, garlic, onions, salt, pepper and a little sugar. Dry cured meat is terrific. Rub meat all over with dry spices - don't be wimpy - the cure will soak in. Loosely cover and refrigerate, at least overnight. Then cook, using love and a watchful eye so it doesn't burn!

To prepare:

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

Roast: 25 to 30 minutes in preheated 425° oven

Grill: 20 to 35 minutes over low to medium coals

(all methods: turn tri-tip once or twice as it cooks)

Internal temperature will be 135° for medium rare and 150° for medium. After cooking, let meat rest covered on a cutting board with a loose tent of foil for 10 minutes (the internal temperature will rise slightly while it rests).

Slice cooked tri-tip against grain; thinner to medium cuts are best. A 3 ounce portion of tri-tip has just 177 calories! Leftover tri-tip is great in sandwiches, fajitas, on salads or just enjoyed with a sprinkling of good salt & pepper!