

## PEPPERY BEEF TRI-TIP WITH SKEWERED VEGETABLES

*Total Preparation and Cooking Time: 45 minutes*

### Ingredients:

- 1 beef tri-tip roast (1-1/2 to 2 pounds)
- 1/2 cup prepared Italian dressing
- 6 cups assorted vegetables (onion wedges, 3/4 inch zucchini or yellow squash slices, 1-inch red bell pepper pieces, medium mushrooms)

### Seasoning:

- 1 tablespoon packed brown sugar
  - 2 teaspoons cracked black pepper
  - 2 cloves garlic, minced
  - 1/2 teaspoon salt
  - 1/2 teaspoon dried thyme
1. Combine seasoning ingredients. Mix 1 teaspoon with dressing. Press remaining seasoning onto beef roast. Alternately thread vegetables onto 12-inch metal skewers; brush with dressing.
  2. Place roast on grid over medium, ash-covered coals. Grill, uncovered, 35 to 45 minutes for medium rare to medium doneness, turning occasionally. Grill vegetables 20 to 25 minutes or until tender, turning occasionally.
  3. Remove roast when instant-read thermometer registers 140°F for medium rare; 155°F for medium. Tent loosely with aluminum foil; let stand 10 minutes. (Temperature will continue to rise to 145°F for medium rare; 160°F for medium.) Carve against the grain into thin slices. Serve with vegetables.

*Makes 6 to 8 servings.*

# California's Cut

## Add some variety to your tri-tip with a Flavorful Rub!

Combine all ingredients in a bowl; mix until well blended. Rubs are best kept covered and refrigerated until ready to use. Spread or pat on beef just before cooking or up to 5 hours in advance.

### MESQUITE BBQ SEASONING RUB

Black cracked pepper	1/2 cup
Cumin seed, crushed	1/2 cup
Mesquite barbecue seasoning	1/2 cup
Dehydrated minced garlic	1/2 cup

### PEPPER-HERB MIX

Dried basil leaves	1/2 cup
Lemon-pepper	1/2 cup
Onion powder	1/2 cup
Rubbed sage	1/2 cup

## Don't forget the beans...

### RANCH-STYLE BEANS

*Total Preparation and Cooking Time: 3 hours*

- 1 pound pinto beans
- 2 cans (14-1/2 ounce) beef broth
- 4-1/2 cups water
- 1 pound ground beef
- 2 onions, chopped
- 4 large tomatoes, chopped
- 1 can (7 ounces) diced green chiles
- 1/2 cup fresh chopped cilantro
- 3 tablespoons chili powder
- 1 tablespoon dried oregano leaves
- 1 teaspoon salt

Place beans, beef broth and water in 8-quart Dutch oven; cover. Heat to boiling; reduce heat and simmer 2 hours, stirring occasionally. Sauté ground beef, onions, and garlic; drain. Add beef mixture and remaining ingredients to beans. Simmer, covered, 1 hour. If a thinner consistency is desired, add more beef broth.

*Makes 10 cups.*



## GRILLED BEEF TRI-TIP WITH TROPICAL SALSA

*Total Preparation and Cooking Time: 45 minutes*

### Ingredients:

- 1 beef tri-tip roast (1-1/2 to 2 pounds)

### Lime-Honey Glaze:

- 2 tablespoons honey
- 2 tablespoons fresh lime juice
- 1 teaspoon ground cumin
- 1 teaspoon dry mustard
- 1/2 teaspoon salt

### Tropical Fruit Salsa:

- 1-1/2 cups chopped papaya or mango
- 1/2 cup chopped plum tomatoes
- 2 jalapeno peppers, seeded, finely chopped
- 2 tablespoons sliced green onion
- 2 tablespoons fresh lime juice
- 1 tablespoon chopped fresh parsley
- 1 tablespoon honey

1. Combine glaze ingredients in small bowl. Combine salsa ingredients in medium bowl.
2. Place beef roast on grid over medium, ash-covered coals. Grill, uncovered, 35 to 45 minutes for medium rare to medium doneness, turning occasionally. Brush with glaze during last 10 minutes.
3. Remove roast when instant-read thermometer registers 140°F for medium rare; 155°F for medium. Tent loosely with aluminum foil; let stand 10 minutes. (Temperature will continue to rise to 145°F for medium rare; 160°F for medium.) Carve against the grain into thin slices. Serve with salsa.

*Makes 6 to 8 servings.*





# Cutting

*a whole tri-tip yourself*

## OTHER CUTTING SUGGESTIONS

- ◆ Make one or two cuts against the grain to “square off” the triangle tip
- ◆ Cut end portions into cubes or strips
- ◆ Cut the tri-tip into steaks of varying thickness
- ◆ For grilling or broiling, cut steaks at least one-inch thick

## CUT AS A ROAST OR A STEAK

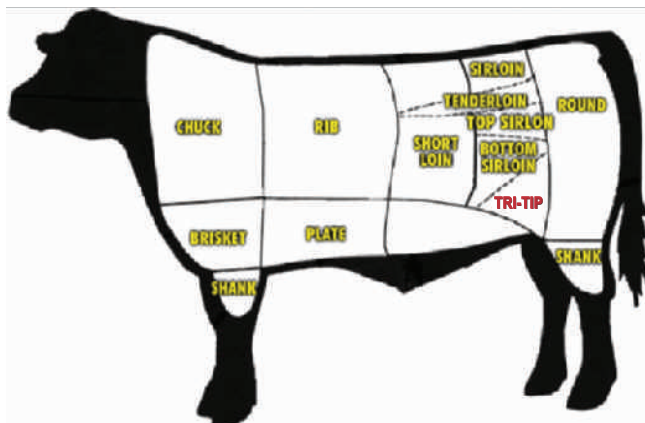


Tri-Tip Roast



Tri-Tip Steak

## WHERE TRI-TIP COMES FROM



## Where did the delicious Tri-Tip originate?

On the central coast of California lies the town of Santa Maria known for its mouth-watering barbecued tri-tip, prepared predominantly with simple seasonings and a touch of tradition.

In the early 1800s, the cattle industry was the foundation of California’s economy. Every spring, Santa Maria Valley *rancheros* would gather to help each other brand their cattle. The host would prepare a Spanish style barbecue for his *vaqueros* (America’s first cowboys) after a long day of work. The beef was barbecued over a red oak fire and served with Pinto beans, bread and salsa.

In the 1950s, Bob Schutz a meat cutter from California’s Central Coast, began using one of the muscles from the bottom sirloin and prepared it Santa Maria style. He recognized that using all of the bottom sirloin for stew meat or ground beef as had been tradition, might be a waste of a good cut. Schutz called his new cut a “tri-tip” because of its triangular shape.

This popular cut has since become synonymous with Santa Maria style barbecue and is undeniably a California tradition.

*\*Information provided by Susan Righetti of Susie Q’s Brand in Santa Maria and Richard Chenoweth of the Santa Maria Valley Historical Society-Museum.*

## Nutrition

Nutrition Facts *	
Serving size: 100g (3.5 oz)	
Calories 198	Calories from Fat 88
% Daily Value	
Total Fat 9.78g	16%
Saturated Fat 3.595g	18%
Cholesterol 74mg	24%
Sodium 56mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 26.44g	
Vitamin A 0IU	0%
Vitamin C 0mg	0%
Calcium 21mg	2%
Iron 1.62mg	10%
Vitamin E 0.39mg	2%
Vitamin K 1.4µg	2%
Thiamin 0.077mg	6%
Riboflavin 0.138mg	8%
Niacin 6.906mg	34%
Vitamin B <sub>6</sub> 0.579mg	28%
Folate 8µg	2%
Vitamin B <sub>12</sub> 1.37µg	22%
*Percent Daily Values are based on a 2,000 calorie diet.	

*Tri-Tip is a great source of protein*

*\*USDA National Nutrient Database for Standard Reference, Release 17 (2004) for Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0” fat, USDA Select Grade, cooked, roasted*

## Tri-Tip

*California’s Cut*



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