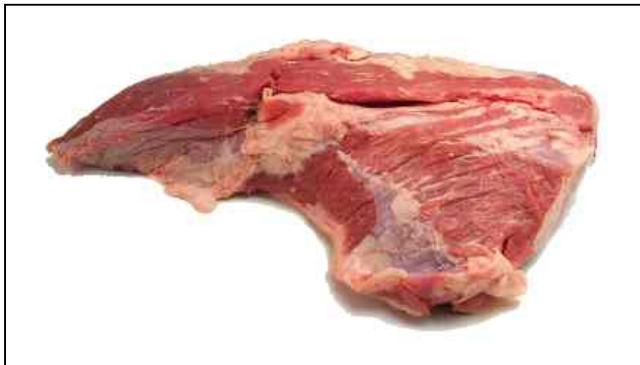
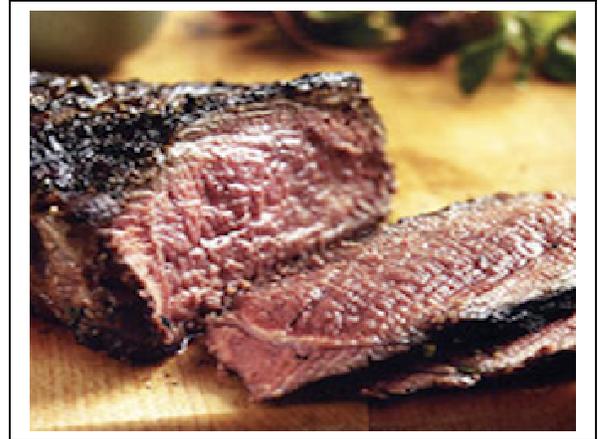


## Grill Skills 101

### How to Grill a Tri-Tip of Beef

You will need

- 1 Grill with gas or with charcoal
- 1 Pair of Tongs
- 1 Wire Brush
- 1 Washcloth, hand, terry cloth
- 1 Tri-Tip, 3 pounds, trimmed lean
- 1 Bowl
- 1 Cup Bernstein Italian Dressing
- 1 Bag, Zip Loc, gallon
- 2 oz. Vegetable Oil
- 1 TB. Seasoning Mix
- 1 Thermometer
- 1 Drink (Beverage of your choice)



## Directions

Three days before cooking, trim tri-tip of all fat. Place beef and salad dressing in zip loc bag or vacuum seal bag. Squeeze all the air out. Seal bag. Marinate for three days turning beef over twice a day in the refrigerator. To cook, get the grill "HOT"!! About 400F for home grills and 750F + for the professional grills. Place tri-tip of beef in bowl with 1 TB. of seasoning depending on the size of the tri-tip. Massage seasoning into beef Set aside. Let warm on counter for 30 minutes.



To prepare the grill, brush rails with a wire brush, get them clean from ash, charred pieces or any residue. Dip cloth into oil. Wipe rails with cloth.



Lay the tri-tip on the rails of the grill. Sear the beef for 3 - 4 minutes or so. The outside edge of the beef will turn gray and juice will rise on the top of the beef. Turn beef over and make sure that the lines on the beef are straight and in line with the rails on the grill. Let the beef cook for 3 - 4 minutes. The beef will begin to turn gray and the juice will rise on the top. Turn beef over and sear on all sides cooking each side 3 - 4 minutes. Top bottom, sides, etc. Turn off all but one of the burners. (The far left burner leave on). Place the beef to the far right. Shut the lid. Cook the beef 10 minutes. Open the lid. Turn the beef over. Shut the lid. Cook the beef 10 minutes more. Open the lid. Check the temperature. Continue to repeat the process until you reach the desired temperature. Medium rare takes 25 - 30 minutes depending on your grill. If you are using coals, set coals to one side of the grill before igniting. Spray "HOT" coals with a water (use a spray bottle) to keep coals at desired temperature. Be careful of the steam when you spray.