

Farmer Dave's Farmer's Market Tri-Tip

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Background:

Our instructions to the USDA packing plant is to trim all but about $\frac{1}{4}$ " of fat from one side, and leave a "little" on the other. This is never exactly precise, but the small "fat cap" helps "burn" a crispy shell on the outer surface during grilling. Compare our cut to those with 1 - 3" of fat, and you'll appreciate the trim.

Also, please note: this is only ONE of the recipes we use for the Farmer's Markets, and developed the process over a long time, grilling literally hundreds of tips with many different seasonings. Most of our market customers (and samplers) love this flavor. We hope you will too.

Ingredients/Implements Needed:

Garlic: Powder, granulated, or freshly pressed. A fresh clove will be handy too, if desired.

Seasoning salt (Da-Le Ranch style coming soon).

Sesame-Ginger Marinade (Until Da-Le Ranch version is available, use a store brand, like "Lowry's").

Mesquite wood chips (Da-Le Ranch or from the grocery).

Fresh onions: Any type, but use Maui, Walla-Walla, Vidalia, etc., for the sweetest grilled niblets.

Gas or charcoal grille.

With a gas grille, a cast iron "smoke" box may be used for mesquite and onion cuttings.

Dish and cake rack.

Preparation:

No pre-marinade is necessary. Our tips may be cooked frozen, adding about 8 to 10 minutes to the cooking time. When cooked thawed or fresh, put them on the grille straight from the vacuum bag in which the USDA facility packages them. If you prefer, let a frozen tip thaw before cooking (recommended by most chefs).

Cut the ends and outer layers off several onions, chopping the "waste" to use on the grille. Slice the rest of the onions into $\frac{3}{4}$ " to 1" slices. If you a fresh garlic clove, do the same with the end and shells.

Soak the mesquite several hours in water, draining just prior to use.

Heat the grille very hot (if charcoal, wait for the grey ash to form). If gas, set on high heat.

Before adding the tip:

Scatter a few onion & garlic trimmings and mesquite chips to the coals, or smoke box for fragrance.

Cooking Sequence:

NOTE: It is **NOT** necessary to pre-season, or rub the Tri-Tip, although some like to do so.

Step 1:

- a. Without adding seasoning, place the Tri Tip, fat side down on the grille. Immediately coat the top surface with a very thick covering of garlic (power, granulated or fresh), and a very light sprinkling of seasoning salt (caution...too much salt may dry the tip during cooking).
- b. Watch carefully, as the fat begins to burn with a lot of flame and smoke. Don't let the flame get too high. If possible, leave on for 3 to 5 minutes (the thicker the tip, the longer the time). If the fire is too hot, move the tip off fire for a moment to let flames burn down, then return tip to the fire. You want the flame and smoke to wrap around the entire tip, as this burning fat smoke gives a great, but bitter charcoal (onion, mesquite and garlic) flavor, which will be neutralized in the final grilling stage. Cooking time may be a minute or so less, if using a gas grille.
- c. After the full 3 - 5 minutes, flip the tip over with the seasoned side down, and immediately coat the top (burning and bubbling fat side) with garlic powder, and a little seasoned salt.
- d. Follow same instructions as above, letting the fire burn up and around, watching that it doesn't get too hot or out of control.
- e. After 3 - 5 minutes (less if on gas), remove the tip from the fire, and allow it to "rest" for about 5 minutes. A cake rack on a plate is perfect for this resting period. The rest stops the heat penetration, and allows for a well done crust on the exterior, while being rare inside.

Step 2: After 1st rest period.

- a. Place fat side down on grille again, for 3 - 5 minutes, without adding additional seasoning. Expect a few more flames, as the fat will continue to burn out.
- b. Flip the tip over, and grille the other side another 3 - 5 minutes, watching the flame.
- c. Remove tip from grille for a second rest period of 5 minutes.

Step 3: After 2nd rest period.

- a. While the tip is resting, dribble the Sesame-Ginger Marinade on both sides, and completely coat the all outside surfaces, including the edges. Be generous. Use the plate under the cake rack.
- b. Place back on the grille for 2 - 4 minutes per side.
- c. Remove from fire, slice, and serve.
- d. The center should be rare, with a well done, charred and crispy exterior coat, approximately $\frac{1}{4}$ " thick. A layer just under the crust should be well to medium well, and the meat should become more rare toward the middle.

If you, or guests desire more well done pieces, just throw the slices back on the grille for a few seconds each to slightly cook more to your liking.

Serve in your favorite manor with favorite accompaniments, like grilled onions, garlic, any type of squash, egg plant, tomatoes, potatoes, carrots, etc. They all make great side dishes, and all can be cooked on the grille with your Da-Le Ranch Tri-Tip. A spray oil may be used as an aid to hold the seasoned salt, pepper, garlic, etc., to the veggies. Our favorite is "Pam Buttered Flavor."

Leftovers:

- a. Sliced thin for sandwiches.
- b. Sliced and cubed (or in strips) for a cold meat to top a fresh salad.
- c. Heated over a slice of bread, served with mashed potatoes and gravy.
- d. Snack tray.
- e. "Deli Style" thin sliced with cheese, olives, pickles, etc. rolled inside, and a lettuce outside wrap.

Happy tipping!

Dave & Leslie
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Primary Website: www.Da-Le-Ranch.com

Store Front: www.localharvest.org/farms/M10630 (Click on "Visit Our Store")

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Matthew 7:7 - "Ask: Receive; ... Seek: Find; ... Knock...It shall be opened unto you."