

★ U.K. ★ BBQ ★ Week ★



Indirect grill
then a direct
sear



Final Temp
57°C/135°F



40 mins



£20



Serves 8

RECIPE

Tri Tip



INGREDIENTS

2kg Tri Tip
Salt
Pepper

METHOD

- 1.** Tri Tip is a great bit of beef and only really needs salt and pepper, although you can add anything you would normally add to beef. Apply this an hour in advance of cooking.
- 2.** Prepare your barbecue with the coals on one side and a medium heat.
- 3.** Cook the beef indirectly until an internal temp(IT) of approximately 42c/105f. This will give you some room to grill up the outside and generally take 25/30 minutes.
- 4.** Put the beef directly over the coals turning every 2 minutes replacing the lid in between to avoid flare ups. Once the IT is at 52c/125f take of the heat as it will continue to creep up during resting.
- 5.** Tri Tip has two muscles. For Best results cut between the muscles and then cut across the grain of each.