

Grilled Tri-Tip Roast with Cilantro

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Tanya Newgent, San Diego



Servings: 8

1. Trim and discard excess fat from beef and remove any silverskin. Cut 1-inch-long slits about 1/2 inch deep and about 1 inch apart over top and bottom of roast.
2. Mix soy sauce, chopped cilantro, liquid smoke, oregano, garlic, and pepper in a heavy-duty plastic bag.
3. Add meat and spoon soy mixture into slits. Pour remaining mixture over meat. Refrigerate for 24 hours, turning the roast every 3-4 hours or as often as possible.
4. Preheat grill to medium-high heat (you can hold your hand at grill level only 3 to 4 seconds). Cover gas grill. Cook roast, turning once, until a thermometer inserted in center of thickest part registers 125° for rare, 20 to 25 minutes total (so about 10 minutes per side) for a 1 1/2- to 2-inch-thick piece. Tapered end will cook faster, so try to place it away from heat.
5. Transfer meat to a board and let rest about 5 minutes. Cut across the grain in very thin slices. Garnish with cilantro sprigs. Serve with a sauce of some kind: try an ancho chili and sour cream mixture.

- 2 1/2 pounds beef tri-tip roast
- 1/4 cup reduced-sodium soy sauce
- 1/4 cup chopped fresh cilantro
- 2 teaspoons liquid smoke, optional
- 2 teaspoons dried oregano
- 3 cloves garlic, minced
- 1/2 teaspoon pepper

Cilantro sprigs

Per Serving (excluding unknown items): 241 Calories; 12g Fat (46.8% calories from fat); 30g Protein; 1g Carbohydrate; trace Dietary Fiber; 94mg Cholesterol; 330mg Sodium; trace Total Sugars; 0mcg Vitamin D; 45mg Calcium; 2mg Iron; 487mg Potassium; 282mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com