



CS Grilled Beef Tri-Tip

Source: adapted from Kingsford Bob and Robin Young, Boise, ID
The Captain's Shack 8 Sept 2022
PDF: CS-Grilled-Tri-Tip.pdf
Prep: 20 min **Cook:** 1 hr 20 min **Rest:** 10 min

Total: 1 hr 50 min

Note: The rub we make is listed as a pork rub, but it works extremely well with beef and chicken also.

Ingredients:

2½-3 lbs Beef Tri-Tip

2 T Dry Rub, <http://www.rockinrs.com/CS-Pork-Rub.pdf>

Kingsford Original Charcoal with Mesquite

Directions:

Remove the “silver skin” from the tri-tip. Tri-tips love advance seasoning. Sprinkle on about two to three tablespoons of rub evenly on each side. Place the tri-tip in a plastic bag or large dish and let it refrigerate for several hours or overnight.

Light a full chimney of Kingsford® Original Charcoal with Mesquite. When the coals are ready, arrange them in a medium-hot [two-zone] fire and place a drip pan next to the coals. Replace the grate, allow it to heat up — all vents should be fully open - then pour cooking oil on a folded paper towel and oil the grate using long-handled tongs.

Unlike a steak, with tri-tip you'll want to sear it after grilling to better allow the charcoal-grilled aroma to penetrate the meat. Place it on the warm side of the grate, not directly over the coals, close the lid, and grill it for about 20 to 30 minutes, then turn it over and repeat. When the tri-tip is close to your desired meat temperature, remove the lid and sear both sides directly over the coals.

Using a meat thermometer, cook the tri-tip to your desired temperature: about 135°F for rare, 140°F for medium rare, the recommended temperature for optimal taste and texture, and 145°F for medium. Keep in mind that the tri tip will continue to cook after it's been removed from the grill, about 10° F, USDA Safe Minimum Internal Temperature recommendation is 145°F.

After the tri-tip comes off the grill, cover loosely with foil and let it rest for about 10 minutes, then cut thin slices across the grain and serve. Because of its tapered shape, the narrower section will be more cooked than the butt end, giving you a range of doneness to serve your guests. Serve with our BBQ Sauce, <http://www.rockinrs.com/CS-BBQ-Sauce.pdf>