

Grilled Marinated Tri Tip Sirloin

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The GYPSY KITCHEN
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Servings: 4

1 1/2 Pounds Tri Tip Sirloin, trimmed
1 Small Spanish Onion, minced
4 Cloves Garlic, minced
2 Teaspoons Hot Pepper Sauce
1/4 Cup Olive Oil
1/4 Cup A-1® Steak Sauce
1/2 Cup Low Sodium Soy Sauce
1/2 Cup Red Wine
To Taste Sea Salt
To Taste Cracked Black Pepper
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Trim any excess fat and silver skin as possible from the Tri Tip Sirloin. Sprinkle both sides of the sirloin with sea salt and cracked black pepper.

In a mixing bowl, combine the onion, garlic, hot pepper sauce, olive oil, A-1, soy sauce and red wine and mix well to fully combine all the ingredients.

Place the Tri Tip into a large zip-lock bag and carefully add the marinade. Zip the bag closed and then carefully massage the marinade into the meat, making sure to cover the meat completely with the marinade.

Place the bag in the refrigerator overnight or up to 2 days, making sure to turn the bag over every couple of hours so the marinade can work into the meat.

Preheat the grill to medium-high heat. Place Tri Tip on grill and cook for about 5-6 minutes, or until nice crust begins to form. Turn over and continue to cook until cooked to doneness preferred. About another 6-8 minutes for medium-rare; about 9-12 for medium. While the Tri Tip is cooking, place the marinade into a small saucepan and bring up to a boil and let reduce slightly. Reserve warmed.

Remove from heat and let stand for 5 minutes to rest. Slice across the grain as thin as possible. Place on plates and drizzle small amount of the warmed marinade over top. Serve with fresh summer vegetables and smashed potatoes.

Tri Tip is a lean and delicious cut of meat taken from the lower section of the sirloin. If you can't find it, ask your local butcher.

Because it is lean, it should be cooked no more than medium or it can become dry.

Per Serving (excluding unknown items): 190 Calories; 14g Fat (69.5% calories from fat); 3g Protein; 11g Carbohydrate; 1g Dietary Fiber; trace Cholesterol; 1529mg Sodium. Exchanges: 1 1/2 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.