

TRI-TIP

Time: 90 minutes (30 active)

Serves: 4

Ingredients:

1kg tri-tip (bottom sirloin)
10g kosher salt
3g cracked black pepper

Preparation:

Sprinkle the salt evenly over all sides of the tri-tip and refrigerate overnight.

Preheat your cooker (ideally a smoker) to 110C.

Sprinkle the pepper evenly over all sides of the tri-tip.

Place the tri-tip on indirect heat, cooking until the internal temperature reaches 45C (about an hour).

Turn the cooker to maximum heat, cooking the tri-tip on direct heat for about five minutes per side until it reaches 55C. Remove from heat.

Slice the tri-tip in half in the long direction. Cut into slices in the other direction. Serve immediately.

Nutritional Information Per Serving:

Calories: 385	Hand-Size Portion Guide
Fat: 17.7g	Palms of Protein: 2
Carbs: 0g	Fists of Vegetables: 0
Fibre: 0g	Cupped Hands of Carbs: 0
Protein: 52.9g	Thumbs of fat: 0