



## **This Memorial Day, Take a Tri-tip from Coast Packing's Chef Greg; Tallow-Injected Beef Promises an Epic BBQ**

### **Directions**

Holiday Recipe Kicks Off Summer in Savory Style, So Get Ready to Grill

Memorial Day without barbecue is like the Fourth of July without fireworks (which is to say, unheard of) — and this year, when you do the grilling honors, family and friends will stand up and cheer.

Your partner in BBQ is Greg Hozinsky, Coast Packing Company's Corporate Chef, who has put together a new tri-tip recipe, complete with rub, that promises to be a fitting kickoff to summer.

### **INGREDIENTS**

#### **Tri Tip**

- 2-2 ½ pound tri-tip (Prime or Choice grade)

- ¾ cup high quality beef tallow
- 4-5 tablespoons of a favorite BBQ rub or make your own (see below)

### Simple BBQ Rub

- 2 Tablespoons, smoked paprika
- 1 ½ Tablespoons, cracked black pepper
- 4 Tablespoons, Kosher salt
- 1 Tablespoon, garlic powder
- 1 Tablespoon, onion powder
- 1 teaspoon, dry mustard powder
- 2 Tablespoons, golden brown sugar
- Mix well in a small bowl, store in an airtight container

“This recipe calls for a minimal number of ingredients, which is one of the reasons why it’s so appealing,” Chef Greg says. “When it comes to good BBQ, you don’t need much — just great technique! My favorite way to cook tri-tip involves using a method called reverse searing. Essentially, cook the tri-tip over low heat most of the way and sear it at the end. By maintaining a very even temperature throughout the roast, the slow cooking method helps tenderize the meat so it literally melts in your mouth. Infusing the meat with beef tallow makes this tri-tip extra decadent and helps intensify a super satisfying ‘beefy’ flavor.”

- Start off with a trimmed 2 -2 ½ pound tri-tip. When preparing the meat, make certain the temperature of the tri-tip comes up a bit to help ensure even cooking; I recommend about 30 minutes. Melt ½ cup of beef tallow and set the rest aside. Once the tallow has melted, let it cool so that it’s still liquid but not hot — about 125 degrees.
- Once the beef tallow is the right temperature, use a meat injector equipped with a needle and pull back the plunger to fill. Insert the needle into the tri-tip in the thickest areas, trying your best to stay with the grain of the meat. Slowly push the plunger to inject the liquid tallow into the meat; while you push the plunger in, slowly pull the injector needle out at the same time for even distribution throughout.
- Repeat this process multiple times throughout the roasting process. Excess fat will emerge, which is what you want.
- Once the tri-tip has been fortified with beef tallow, take about 2-3 tablespoons of the remaining tallow and rub it all over all sides of the roast; this will act as a binder to hold the rub. Season the tri-tip very liberally, using your favorite BBQ rub. Even salt and cracked pepper will work just fine.
- Let the tri-tip rest with the seasoning while you start the fire; this will give the roast some time for the seasoning to penetrate.
- To reverse sear, start to cook at a low temperature; I aim for 225-250 degrees. I use a Big Green Egg for grilling; while keeping the temperature low to start, it’s quite easy to raise it, although it’s not quite so easy to lower it. I also prefer using cherry or oak wood chunks, along with quality hardwood charcoal. (If you don’t have a BBQ that can cook at a low temp, try this recipe in the oven; it won’t have the same smoky essence, but you’ll still be very happy with the results.)
- Once the BBQ hits 225 degrees, place the tri-tip in the center. For my Big Green Egg, I use the heat deflector plate with a drip pan placed on top for even cooking (and reducing



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flare-ups).

- Cook the tri-tip for about 1 hour or until it reaches an internal temperature of 128-130 degrees. Remove the tri-tip from heat and set aside. (This is when I remove the heat plate and drip pan from the Big Green Egg.)
- Now, it's time to really crank up the heat. Your grill should be on full blast — 500-600 degrees.
- Sear the tri-tip roast over high heat until a good crust forms on each side — about 2 minutes per side. Remove the tri-tip and let it rest for about 25 minutes.
- This next step is optional: if you have a little beef tallow left over, allow the tri-tip roast to rest for about 10 minutes uncovered, to lose its carryover heat. Use two pieces of pink BBQ paper with the remaining tallow and wrap the tri-tip to rest for the last 15 minutes, allowing the tallow to melt over the top of the tri-tip roast. This step will soften the crust a bit but it will give the tri-tip an extra luxurious quality.
- Slice the tri-tip thinly against the grain and celebrate the return of summer!