



GRILLED TRI-TIP



Day Before: Place Tenleytown Meat in refrigerator to defrost for 36 - 48 hours.

Prep Time: **5 minutes**

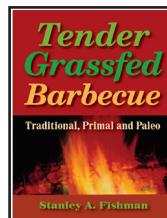
Cook Time: **30 minutes**

1-2 lb Tenleytown Meat Company **tri-tip roast**
2 tablespoons **olive oil**
1 teaspoon coarse **sea salt**
2 teaspoons of your favorite **meat rub**

Day before (or morning of), place **defrosted meat** in glass bowl. Coat all sides with the **olive oil** then spread rub all over the **meat**. Cover, let rest at room temperature for **1 hour**, then refrigerate overnight (or all day). 1 hour before cooking, bring to room temperature.

Build **charcoal fire** on one side of the cooker only, bringing cooker to **medium high heat**. Sprinkle the **salt** all over the meat just before cooking. Place roast in front of, but not over, the heat source. Cover, and cook for **10 minutes**. Turn, cover, and cook for another **10 minutes**. Reduce heat to **medium low** by adjusting the top vents to half closed. Cook for another **10 minutes**, or until done to your taste.

makes 2 - 3 servings



*“Traditional,
Primal, and Paleo”*



PEOPLE



PLANET



COMMUNITY



COMPANY

www.tenleytownmeatcompany.com

Washington, DC