

BEEF TERIYAKI TRI-TIP ROAST GRILLED TO PERFECTION



I've been suffering from post-move depression and a serious blogger funk the past few weeks. In order to get my "groove" back, I've been trying to make the best of food blogging by snapping quick photos of family dinners. With three hungry mouths to feed, it's a wonder I get the opportunity to take any photos before dinner is served.

What my photos lack in visual appeal or precision, is exponentially made up for by the extraordinary quality of the tri-tip beef I used for making the dish. I purchased the grass-fed meat from a local, family owned market; marinated it for 24 hours, then cooked the meat entirely on my gas grill. The result was perfection!! Crisp, crusty exterior, pink and juicy center (my mouth is watering as I write this); the meat melted in my mouth!

I was concerned that cooking the meat on the gas grill from start to finish would render it overcooked and dry; what a surprise to experience the opposite. Two key elements to grilling a roast over a gas fire: The first, a super hot sear on alls side of the meat and secondly, maintaining a low and slow temperature during the remaining cook time; about about 1 hour and 15 minutes from start to finish.



Beef Teriyaki Tri-Tip Roast

2014-03-21 18:30:39



Serves 4

Grilled to perfection, this roast is super easy to make even on a gas grill.

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Prep Time

15 min

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Ingredients

1. 2 pounds tri-tip roast, preferably grass fed and highly marbled
2. 1 cup brown sugar
3. 1 cup light soy sauce
4. 1/4 cup fresh squeezed lime juice
5. 1 teaspoon fresh grated ginger
6. 3 cloves minced garlic (1 tablespoon)
7. 2 tablespoons fresh parsley, chopped
8. 1 teaspoon black pepper

9. 1/4 teaspoon red pepper flakes
10. 1 teaspoon extra virgin olive oil

Instructions

1. Place roast in a large zipper bag or airtight container
2. In a mixing bowl combine, remaining ingredients together
3. Pour marinade over meat, seal the zipper bag and distribute the marinade by rubbing and turning the meat around several times in the bag. If using a bowl, toss meat in marinade and turn several times during the 24 hours to distribute evenly

To Grill

1. Prepare grill grates with a few tablespoons vegetable oil (I use vegetable oil to season the grates versus cooking spray. The oil is much easier to clean up while the spray can make the grates sticky)
2. Heat a gas grill to 450 degrees F.
3. Remove meat from marinade, set unused liquid aside to make glaze
4. Sear meat on all sides
5. Reduce heat to low, close cover and cook for 15 minutes, turn meat over and cook additional 15 minutes. Continue cooking and turning meat every 15 minutes or until desired doneness
6. Check for doneness by inserting a meat thermometer, medium rare 130 - 140 degrees F. Medium 140 - 150 degrees F.
7. cover and allow roast to rest for 10-15 minutes before slicing
8. With a sharp carving or chefs knife, slice meat 1/4 inch thick

Glaze

1. Heat unused marinade in a small pot over medium high heat, bring to a boil
2. Reduce heat to medium and skim off foam/meat solids
3. Add 1/2 cup soy sauce, 1/2 cup brown sugar and 1/4 cup water
4. Reduce liquid by 1/4 - 1/2, about 15 minutes
5. Salt and pepper to taste
6. Serve over thinly sliced meat

Notes

1. If you don't have the time to marinate roast for 24 hours, allow meat to marinate for at least 20 minutes prior to grilling

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Teriyaki Grilled
Tri-tip

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