

Mediterranean Marinated Beef Tri Tip with Couscous paired with Phase V Petite Sirah

INGREDIENTS:

Mediterranean Marinated Beef Tri Tip

2 cups soy sauce
4 tablespoons dry mustard (Colemans Brand is best)
2 tablespoons cracked black pepper
1 cup red wine vinegar
2 tablespoons dried parsley
5 cloves garlic, minced
2/3 cup lemon juice (not Meyer lemons)
2 1/2 cups canola oil (oil in marinade helps to season/ penetrate proteins)
2 pounds or so beef tri tip

SERVES: 6-8

Mediterranean Couscous

1 cup Moroccan couscous
2 teaspoons kosher salt, divided
1/4 cup plus 1 teaspoon olive oil, divided
2 tablespoons lemon juice
1 tablespoon whole grain mustard
2 garlic clove, minced
1-pint multi-colored cherry tomatoes, halved
1 English cucumber, sliced and quartered
1/3 cup chopped kalamata olives
1/3 cup toasted sliced almonds
1/3 cup thinly sliced green onion
1/3 cup chopped Italian parsley

METHOD:

Mediterranean Marinated Beef Tri Tip

- Prepare the tri tip by trimming the silver skin, meat may have a thick layer of fat, some of which can be sliced off, but keep a good amount to help baste meat.
- In a large bowl combine soy sauce, dry mustard, pepper, vinegar, parsley, garlic, lemon juice, canola oil. Whisk well to combine.
- Place tri tip in gallon resealable bag and pour in marinade. Seal bag and refrigerate for 24 to 48 hours (preferably 48 hours) turn bag over at least once during this time.
- Remove tri tip from marinade and let sit at room temperature for an hour before cooking. Discard marinade. Prepare charcoal grill or heat a gas grill to high.
- Place tri tip on grill and sear one side well, 6 to 8 minutes. Turn the roast and sear the other side another 6-8 minutes. Then lower gas to medium-high or move the meat to a cooler part of the charcoal grill. Turn meat again and cook another 8 to 10 minutes. Flip and cook again.
- A 2-pound roast will require about 30-45 minutes total cooking time. The roast is ready when an instant-read thermometer reaches 130 degrees when inserted into the thickest part of the meat.
- Rest roast on a cutting board for 10 to 20 minutes.
- Slice across the grain. The roast is shaped like a boomerang, so either cut it in half at the center of the angle, or slice across the grain on one side, turn the roast and slice across the grain on the other side.

Mediterranean Couscous

- Bring 1 cup water to a boil in a small pot. Stir in the couscous and 1 teaspoon salt. Remove from the heat, cover, and let sit for 5 minutes. Add 1 teaspoon of olive oil and fluff with a fork. Let cool completely.
- In a large bowl whisk together the remaining 1/4 cup of olive oil, lemon juice, whole grain mustard, garlic, and 1 teaspoon salt.

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- Add the tomatoes, cucumber, olives, almonds, green onion, parsley, and cooled couscous to the dressing and toss to coat.

To Finish

Plate your slice Tri Tip with a generous scoop of Mediterranean Couscous on the side. Serve immediately with a glass of Phase V Petite Sirah.