

# Classic Santa Maria-style Tri-Tip

--Kiah Twisselman, Twisselman Ranch

If the Central Coast had a flavor, it would be Santa Maria style tri-tip paired with a delicious red wine. Tri-Tip is a part of the top sirloin that was popularized right here on the Central Coast and is slowly gaining traction in other regions of the US as well. It's a great cut for the grill and perfect for feeding a large group that maybe has different preferences for beef doneness, medium rare in the center and medium well at the tips.

The classic way to grill a tri-tip is using a Santa Maria style BBQ pit that uses a grate with a crank mechanism that allows you to control its distance from the fire. Traditionally Santa Maria style BBQ uses red oak wood. Build your fire and give it some time to burn down to a good set of coals, about 30-45 minutes or so. Once you've got the fire going, it's time to prepare the tri-tip.

Although tri-tip is a lean cut of meat, it generally has great marbling within. We like to trim the excess fat off the outside, but you can choose to leave it untrimmed as well. Now for the good stuff - the seasoning. Classic Santa Maria style seasoning is a blend of parsley, salt, pepper, and garlic. Give the tri-tip roast a generous coating on all sides before placing on the preheated grill. Start with the grate lower to the heat and sear each side for about 5 minutes. Raise the grate and allow to continue cooking until an internal meat thermometer reads 130 degrees (about 25-30 minutes depending on the size of the roast). Take the tri-tip off the grill and tent with foil. While it rests, it will continue to cook to a perfect medium rare.

After letting the tri-tip rest, cut across the grain to serve. We love to top ours with fresh salsa and pair it alongside a delicious side salad, grilled garlic bread, and cowboy beans. And if you have a sweet tooth, round it out with a scoop of grandma's homemade vanilla ice cream on top of a warm Dutch oven peach cobbler!



COACH Kiah