

# **VANATEE FARM**

## **RECIPES**

### **Beef Tri Tip in the Oven**

#### **Equipment Needed:**

- **Large oven-safe skillet (we use a cast iron skillet)**
- **Instant-read thermometer**

#### **Ingredients**

- **1 untrimmed tri-tip\***
- **2 tablespoons olive oil**
- **Seasoning salt**

- 1. Preheat your oven to 425°F.**
- 2. Trim any silver skin from the bottom of the tri-tip and sprinkle the entire thing with seasoning salt.**
- 3. On the stove, heat olive oil over high heat in a large oven-safe skillet. Once oil is hot place tri-tip, fat-side down, in the pan. Turn heat down to medium-high and cook for 4 minutes, or until well-seared. Flip meat and place pan in the oven.**
- 4. Roast for 10 to 15 minutes per pound, check after 15-20 minutes. Cook until internal temperature in the thickest part of the meat is what you prefer for doneness. Once it has reached desired temp pull from oven and tent with foil to keep warm and allow meat to rest for 10 minutes before slicing.**
- 5. Slice roast against the grain by cutting it in half at the center point and then across the grain on each end and enjoy!**

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