

Grilled Tri-Tip with Sicilian Herb Sauce

Sicilian Sauce:

1. 1 1/2 teaspoon dried thyme or
2. 1 tablespoon fresh thyme, chopped
3. 1 1/2 tsps dried oregano or 1 TBS fresh oregano, chopped
4. 2 garlic cloves, peeled
5. 1 teaspoon Himalayan sea salt
6. 2 tablespoon lemon juice {juice from 1 lemon}
7. 1/2 cup extra-virgin olive oil

Roast:

- 2 pound tri-tip beef roast or flank steak
- 1 teaspoon Himalayan sea salt
- 1/4 teaspoon fresh ground black pepper



Sicilian Sauce: Blend thyme, garlic, oregano and salt in a processor until garlic is finely chopped. While processor is running add lemon juice and olive oil. Season with pepper to taste. Set aside.

Roast:

1. Set out roast at least 30 minutes before you plan on cooking and cut several gashes about 1 inch apart over the entire surface of the meat using a sharp knife, then turn and move the other way to create a crisscross or diamond pattern. Make cuts that are uniform in both length and depth, then sprinkle both sides of roast evenly with salt.
2. Heat grill to medium-high heat. Place roast on grill and cook 4 minutes and flip to cook an additional 4 minutes.
3. Turn off heat directly under your roast, close grill lid and cook an additional 6 minutes to 10 minutes depending on the thickness of your roast.
4. Remove from heat and let meat rest at least 10 minutes before thinly slicing and serving with sauce over top.

Serving Size = 3 ounces of steak and 2 teaspoons of sauce

Tip: usually we lose about 20% of the weight of a steak when cooking . So if you start with a 2 lbs. of flank steak you'll end up with **about** 8 servings of steak (3 ounces each)