

## **Shiraz-Soy Tri-Tip**

**PREP AND COOK TIME:** About 35 minutes, plus at least 2 hours to marinate

**MAKES:** 8 to 10 servings

**NOTES:** Brush some of the marinade on bell peppers and onions; grill them next to the meat for about 15 minutes. (Stop brushing on marinade at least 5 minutes before veggies are done, so heat can kill any bacteria from meat.)

**WINE:** A fruity Shiraz or Syrah (the same grape) with a hint of sweet pipe-tobacco smoke.

$\frac{3}{4}$  cup Shiraz (Syrah) wine

$\frac{2}{3}$  cup soy sauce

$\frac{1}{4}$  cup vegetable oil

$\frac{1}{4}$  cup balsamic vinegar

$\frac{1}{4}$  cup lemon juice

2 tablespoons Worcestershire

2 teaspoons Dijon mustard

$1\frac{1}{2}$  teaspoons minced garlic

1 beef tri-tip (about  $2\frac{1}{2}$  lb.), fat trimmed, rinsed and patted dry

**1.** In a gallon-size zip-lock plastic bag, combine Shiraz, soy sauce, oil, vinegar, lemon juice, Worcestershire, mustard, and garlic. Add tri-tip and seal bag. Chill at least 2 hours or up to 1 day, turning occasionally.

**2.** Lightly oil a barbecue grill over a solid bed of medium coals or medium heat on a gas grill (you can hold your hand at grill level only 4 to 5 seconds). Lift tri-tip from marinade and lay on hot grill; discard marinade. Close lid on gas grill. Cook tri-tip, turning every 5 minutes, until rare in center of thickest part (still pink; cut to test),  $125^{\circ}$  to  $130^{\circ}$  on a thermometer, about 25 minutes, or until as done as you like.

**3.** Let meat rest 5 minutes, then cut across the grain into thin, slanting slices.

**Per serving:** 151 cal., 38% (57 cal.) from fat; 21 g protein; 6.3 g fat (1.9 g sat.); 0.8 g carbo (0 g fiber); 342 mg sodium; 59 mg chol.