Tri-Tip Roast with Mustard Coffee Rub

Description

At the grill again with a fabulous tri-tip roast marinated in a mustard coffee rub.

Summary

Yield: 6
Prep Time: 1 hour
Category: Grill
Cuisine: American

Ingredients

- 3 lbs tri-tip roast

Mustard Coffee Rub

- 2 tbsp whole mustard seeds
- 1 tbsp extra virgin olive oil
- 1 tbsp freshly ground black pepper
- 2 tsps worcestershire sauce
- 2 tbsp dark roast coffee, finely ground
- 1 tsp kosher salt

Instructions

Mustard and Coffee Rub

Grind the mustard seeds to a paste consistency. With whole mustard seeds, use a spin blade grinder (same as for grinding coffee beans), a spin blade grinder designed for grinding herbs, or by hand with a mortar and pestle (takes a little more elbow grease).

If possible, use freshly roasted coffee beans. A dark roasted coffee works best. Grind in a spin blade grinder to a medium-fine grind (about 20 seconds).

In a medium bowl, combine the mustard paste with the ground coffee, olive oil, freshly ground black pepper, Worcestershire sauce and kosher salt. Mix thoroughly until smooth.

Tri-Tip

Coat the tri-tip evenly with the mustard and coffee rub. Let the tri-tip stand at room temperature for 30 minutes to marinate before grilling.

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Grill the tri-tip over direct heat (two-zone fire) with the lid closed as much as possible. Grill until lightly charred on both sides, about 10 to 15 minutes.

Move the tri-tip over to the indirect-heat zone of your fire and cook to your preferred doneness, about 20 to 30 minutes for medium rare. Turn and rotate the roast as needed for even cooking.

Remove from the grill and allow to cool for 10 minutes. Cut the tri-tip across the grain into thin slices.

Serve warm.