

Seared Sous Vide Style Tri-Tip

Servings : 4

Amount	Measure	Ingredient - Preparation Method
2	pounds	tri-tip
2	tablespoons	thyme leaves
3	cloves	garlic - minced
4	tablespoons	unsalted butter - cubed
		extra virgin olive oil

Heat a large pot of water until it registers 134. Season roast with salt and pepper. Rub all over with garlic and thyme and place in in a large, BPA free resealable freezer bag. Add butter and seal all but one corner. Gradually lower into a bowl of water until all air is pressed out and seal.

Add bag to pot and cook at 134 until meat is 130, about 1 hr 45 minutes.

Transfer to a cutting board and let rest 5 minutes. Scarpe off and discard thyme and garlic.

Light a grill or preheat a skillet. Pat roast dry. Brush with oil and season with salt and pepper. Cook until all sides browned, 5-7 minutes. Return to board and let rest 10 minutes. Slice and serve.