



Slow Roasted Tri-Tip and Roasted Root Vegetables

Gaggenau Appliances: Combi-steam oven
 Heating Mode(s) Convection + 30% Humidity
 Temperature(s): 300°F / 375°F
 Required Accessories: Unperforated Cooking Container + Core Temperature Probe + small rimmed baking sheet
 Preparation Time: 20 minutes
 Cooking Time: Meat 45 minutes + 10 minutes rest time / Vegetables 25 - 30 minutes
 Serves: 4

Cooking tips:

For this recipe we will begin cooking the tri-tip at a low temperature and approximately half-way through the cooking time slide in a tray of vegetables. At this time the oven temperature is increased so the tri-tip gets a nice flavorful sear and the vegetables become caramelized. The Core Temperature Probe is used to monitor the internal temperature of the meat and the oven cooking timer to monitor the cooking time of the vegetables.

For the prime rib:

One 2 ½ lb (1.14 kg) tri-tip roast, fat cap and silver skin removed
 2 tsps (10 ml) kosher salt
 1 tsp (5 ml) freshly ground black pepper
 1 tbsp (15 ml) chopped fresh rosemary
 1 tbsp (15 ml) chopped fresh thyme OR 1 tbsp (15 ml) dried mixed Italian seasoning
 2 tbsp (30 ml) olive oil

Remove the tri-tip from the refrigerator one hour before cooking. Place it on a rimmed baking sheet and rub with the salt, pepper, seasoning and oil. Set aside in a cool spot until ready to cook.

For the roasted vegetables:

1 small rutabaga, trimmed, peeled and cut into 2-inch (5 cm) chunks
 1 parsnip, peeled and cut into 2-inch (5 cm) chunks
 4 carrots, trimmed, peeled and cut into 2-inch (5 cm) chunks
 1 medium yellow onion, trimmed, peeled and cut into 2-inch (5 cm) chunks
 2 tsps (30 ml) olive oil
 1 tbsp (15 ml) chopped dried thyme
 ½ tsp (2 ml) kosher salt
 ½ tsp (2 ml) freshly ground black pepper

Combine the vegetables with the oil and seasoning and spread into the Unperforated Cooking Container.

Using the left control knob, set the oven to the **Convection + Humidity 30%** mode. Using the right control knob, set the oven temperature to preheat to 300°F. Insert the Core Temperature Probe horizontally into the thickest part of the meat and slide the baking sheet onto the Wire Rack set on the middle rails of the oven. Insert the Core Temperature Probe sensor into the probe receptacle in the oven and close the door. Touch the probe symbol on the right side of the oven display and using the right control knob, program the probe to reach an internal temperature of 135°F; touch the probe symbol on the display again to confirm. Now set the cooking timer for 30 minutes. When the timer has elapsed, slide the cooking container with the vegetables onto the lower rails of the oven and increase the oven temperature to 375°F and set the cooking timer for 30 minutes for the vegetables.

If the Core Temperature Probe reaches 135°F before the end of cooking time for the vegetables, the oven will turn off automatically. In this case remove the meat and reprogram the oven using the left control knob to the Convection + 30% Humidity mode and using the right control knob, change the temperature to 375°F. Continue cooking the vegetables until the programmed cooking timer has elapsed.

Tip: For tender slices of tri-tip, the long portion of the meat must be sliced crosswise across the grain. When you reach the apex of the triangle turn the meat before continuing to slice it across the grain.