



LARISSA TABORYSKI

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## OVEN ROAST TRI TIP

### ROASTED POTATOES WITH PEPPERS, ONION & GREEN BEANS

#### Planning Tips for Cooking this Meal in Convection

Tri-Tip - plan 40 minutes cooking time for a 2lb roast and 10 minutes resting time.

Use the oven meat probe if your oven is equipped with one set to 130 for medium rare.

Roasted Vegetables - plan 30- 35 minutes cooking time.

Organize the oven racks, have one rack in rack position 2 counting up from the bottom and the other on rack position 4 or 5.

Preheat the oven in the Convection Roast Mode 325 degrees.

#### Oven Roast Tri-Tip

Like most meats Tri Tip needs only a blast of high heat to bring out the flavor, but if the majority of the cooking is done at lower temperatures it will also be very tender and juicy. Resting before slicing is very important and be sure to slice the meat across

the grain for best results. There are many online videos that give excellent instruction on slicing Tri Tip.

2lb - unseasoned Tri Tip roast

1 - teaspoons kosher salt

1 - tablespoon of your favorite BBQ dry rub

1 - tablespoon vegetable oil

Place the meat on a rimmed baking sheet and massage the oil into the meat.

Combine the seasonings and rub into the meat.

The flavor of meat is always better if the dry rub is done in advance of cooking.

Place in the oven on the upper rack and cook for 30 minutes at 325 degrees.

Increase the oven temperature to 425 degrees and cook the roast for another 10 minutes to crisp the exterior.

Remove the meat from the oven and rest it on a cutting board, don't leave it on the hot pan. Rest for 10 minutes before slicing.

## CONVECTION MODE



Serves 4 - 6 People

WRITE YOUR NOTES:



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### **Roasted Vegetable Medley**

1 ½ - lbs small golden potatoes, cut into ½" thick coins

1 - yellow pepper, seeds removed cut into 1" pieces

½ - sweet yellow onion, cut into 1" pieces

½ - teaspoon dried oregano

½ - lb green beans, trimmed and cut in half

Combine the potatoes with the pepper and onion and season with the herbs, salt and pepper then coat with the olive oil.

Spread the vegetables onto a rimmed baking sheet large enough for them to spread out so they can crisp while cooking.

After the meat has cooked for 20 minutes, place the vegetables in the oven on the lower rack and cook for 20 minutes.

Because the oven temperature was increased to 425 for the last ten minutes of cooking time for the beef, be sure to stir the vegetables when you remove the meat from the oven so that they don't burn.

Stir the green beans into the potatoes and cook for another 10 minutes.

If you have timed it right when the vegetables have cooked through the meat will be ready to serve.

Remember you can always keep food warm in your Convection oven without drying it out.

Choose the Convection or Convection Bake Mode 140 degrees.