

THE

CrossFit

KITCHEN



### SUPER RADICAL TRI-TIP WITH BALSAMIC APPLE COMPOTE

By Nick Massie

#### Overview

Nick Massie of [PaleoNick.com](http://paleonick.com) is spicing up an old favorite: meat and potatoes. Massie is the instructor for the newest CrossFit Specialty Course: [Culinary Ninja](#).

#### Ingredients for Tri-Tip and Yams

- 4 lb. grass-fed beef tri-tip
- ¼ c. Super Radical Rib Rub
- 6 lb. yams

#### Ingredients for Compote

- 4 Granny Smith apples, peeled, cored and sliced
- 1 yellow onion, julienned
- 2 oz. balsamic vinegar
- 2 c. water
- 1-2 tsp. olive oil
- Kosher salt, to taste
- Black pepper, to taste



#### Directions for Tri-Tip and Yams

1. Heat oven to 400 F.
2. Place the yams on a foil-lined sheet pan and roast in the oven until soft, approximately 40 minutes.
3. Rub the tri-tip on all sides with Super Radical Rib Rub. Place the meat on a foil-lined sheet pan and roast in the oven until it reaches an internal temperature of 125 F. Allow the meat to rest for 15 minutes and then slice across the grain.
4. When the yams are done, remove them from the oven and slice them.
5. Place 3-4 slices of yams on a plate, top with 5 oz. of tri-tip and finish with a spoonful of balsamic compote.

#### Directions for Compote

1. Heat a cast-iron skillet over medium-high heat. Add olive oil and onions to the pan and cook until onions caramelize.
2. Move the onions to one side of the pan, add a little more olive oil to the empty side of the pan and then add the apples.
3. Cook until the apples are caramelized. Fold the apples into the onions and add the balsamic vinegar and water.
4. Bring the compote to a simmer and cook until the liquid reduces to "au sec," which means "almost dry." Cut the heat and season to your liking with kosher salt.