

The components of our dish, while all different and unique in their own way, are tied together through one special bond, Idaho. We chose our flavor combination of Potatoes, Huckleberries, and Beef based upon foods that have had a significant impact on Idaho in the past, present and future.

From the Kitchen of - Lizzy Johnson and Sarah Michaels

Total Servings - Total servings for these recipes are 8-12 servings

Serving Size - 4 ounces of sirloin tip roast paired with 5 smashed potatoes

Dietary Considerations - Gluten Free

Ingredients for Sirloin Tip with Huckleberry Compote

- 2-3 lb. Sirloin Tip Roast
- 2 tsp. Rosemary, dried
- 2 tsp. Thyme, dried
- 1 tsp. Salt
- 1 tsp. Pepper
- 4 Tbs. Olive Oil

Sirloin Tip with Huckleberry Compote

Roast

2-3 lb. Sirloin Tip Roast

2 tsp Rosemary, dried

2 tsp Thyme, dried

1 tsp Salt

1 tsp Pepper

4 Tbs Olive Oil

Huckleberry Compote

1 lb. Huckleberries

1 Tbs Huckleberry Syrup

1 Tbs Water

(Roast) Prep Time: 5 min - Cook Time: 1 hr 20 min - Servings: 8-12 servings

(Compote) Prep Time: N/A - Cook Time: 10 min - Servings: 8-12 servings

1. Preheat the oven to 325 degrees Fahrenheit.
2. For the sirloin tip rub, mix together rosemary, thyme, salt and pepper in a small bowl. Then add olive oil to the rub mixture and stir until well combined.
3. Place the roast in a 9x13 inch glass pan. Generously rub the mixture on the surface of the roast with a basting brush.

4. Place the roast in the oven for 1 hour and 20 minutes or until the internal temperature reaches 145 degrees Fahrenheit for 15 seconds.
5. When the roast is within 15 minutes of being fully cooked, begin the huckleberry compote.
6. In a large saucepan combine huckleberries, huckleberry syrup, and water then cook over medium high heat.
7. Bring the mixture to a boil then turn the heat down to medium for 5 to 7 minutes. Leave at a low simmer for 2 to 3 minutes until desired consistency.

Directions for Sirloin Tip with Huckleberry Compote

STEP 1 Preheat the oven to 325 degrees Fahrenheit

STEP 2 For the sirloin tip rub, mix together rosemary, thyme, salt and pepper in a small bowl. Then add the olive oil to the rub mixture and stir until well combined

STEP 3 Place the roast in a 9x13 inch glass pan. Generously rub the mixture on the surface of the roast with a basting brush

STEP 4 Place the roast in the oven for 1 hour and 20 minutes or until the internal temperature reaches 145 degrees Fahrenheit

STEP 5 When the roast is within 15 minutes of being fully cooked, begin the huckleberry compote

STEP 6 In a large saucepan combine huckleberries, huckleberry syrup, and water then cook over medium high heat

STEP 7 Bring the mixture to a boil then turn the heat down to medium for 5 to 7 minutes. Leave at a low simmer for 2 to 3 minutes until desired consistency

Smashed Potatoes

1 ½ lb. Petite Potatoes

1 ½ lb. Petite Red Potatoes

3 Tbs Olive Oil (1/4 tsp each)

1 tsp Salt

½ tsp Pepper

½ tsp Thyme, dried

5 Tbs Feta Cheese

Rosemary, fresh, finely chopped

Prep Time: N/A - Cook Time: 30 minutes - Servings: 5-6 servings

1. Rinse potatoes in cold running water to remove dirt and other debris.
2. Place Petite Potatoes in a stockpot of water, enough to cover the potatoes, and bring to a boil. Cook until potatoes are tender, until a fork can easily be stabbed into the potato, about 20 minutes.
3. Remove potatoes from stockpot and place evenly on a baking sheet prepared with cooking spray to keep potatoes from sticking.

4. Use a potato smasher, a fork, or the bottom of a cup to smash the potatoes on the baking sheet.
5. Drizzle smashed potatoes with olive oil and season with a combined mixture of rosemary, thyme, salt and pepper.
6. Broil in an oven preheated to High for 8 to 10 minutes or until golden brown.
7. Remove potatoes from pan and then garnish with fresh rosemary and Feta Cheese.

Directions for Smashed Potatoes

STEP 1 Rinse potatoes in cold running water to remove dirt and other debris

STEP 2 Place petite potatoes in a stockpot of water, enough to cover the potatoes, and bring to a boil. Cook until potatoes are tender, until a fork can easily be stabbed into the potato, about 20 minutes

STEP 3 Remove potatoes from stockpot and place evenly on a baking sheet prepared with cooking spray to keep potatoes from sticking

STEP 4 Use a potato smasher, a fork, or the bottom of a cup to smash the potatoes on the baking sheet

STEP 5 Drizzle smashed potatoes with olive oil and season with a combined mixture of rosemary, thyme, salt, and pepper

STEP 6 Broil in an oven preheated to High for 8 to 10 minutes or until golden brown

STEP 7 Remove potatoes from pan and then garnish with fresh rosemary and Feta cheese

Nutritional Data

Total Calories: 512 calories

Sirloin Tip Roast: 270 calories

Huckleberry Compote: 26 calories

Smashed Potatoes: 216 calories

Nutritional Data for Brave and Gold Sirloin Tip

Calories 512 calories

Total Fat 27 grams total fat, 3 grams saturated fat, 0 grams trans fat

Cholesterol 101 grams

Sodium 721 milligrams

Total Carbohydrate 40 grams (includes sugars and dietary fiber)

Protein 34 grams