

PUB GRUB / Surf and Turf

Ingredients

- 1 tablespoon olive oil
- 1 x Scotch fillet steak
- 1 pound (500 grams) shrimp, tails on or off
- Salt and pepper, to taste
- 2 tablespoons unsalted butter
- 6 cloves garlic minced
- 1/2 cup dry white wine* or chicken broth
- 1 1/2 cups reduced fat cream**
- 1/2 cup fresh grated Parmesan cheese
- 2 tablespoons fresh chopped parsley

Steak Method

- Season Steak with Salt and pepper to taste, suggest Butcher Axe Bullseye rub
- Heat Grill grate side to 550f
- Spray grill with high flash point oil such as avocado oil
- Place steak on grill for 1m20s , before turning 90 degrees to achieve cross grill marks
- Flip steak and duplicate process again
- Take off grill and transfer to indirect heat
- Check steak internal temperature intermittently once done to 136f internal (warm pink medium rare)
- Remove from heat and cover in foil 5 mins to rest prior to plating, covering in prawn sauce
- Serve with choice of sides and enjoy

Garlic Prawn Sauce

1. Heat oil a large skillet over medium-high heat. Season shrimp with salt and pepper and fry for 1-2 minutes on each side, until just cooked through and pink. Transfer to a bowl; set aside.
2. Melt the butter in the same skillet. Sauté garlic until fragrant (about 30 seconds). Pour in the white wine or broth; allow to reduce to half while scraping any bits off of the bottom of the pan.
3. Reduce heat to low-medium heat, add the cream and bring to a gentle simmer, while stirring occasionally. Season with salt and pepper to your taste.
4. Add the parmesan cheese and allow sauce to gently simmer for a further minute or so until the cheese melts and sauce thickens.
5. Add the shrimp back into the pan, sprinkle with parsley. Taste test sauce and adjust salt and pepper, if needed.