

SURF AND TURF



Surf and Turf, Surf & Turf, or Surf 'n' Turf (waves and grasses) is the name used in cooking to designate the main dish that combines sea (seafood) and land (red meat) proteins with the intention of mix flavors and textures. The seafood is usually lobster or prawn and the most traditional combination is with filet mignon, but you can still use scallops or crawfish and maybe good sirloin steak or lamb steak and serve with pasta, risotto, potatoes, mushrooms or vegetables as side dish and sometimes some kind of mild sauce.

Ingredients (serves 4 people):

Filet Mignon

4 filet mignon with a thickness of 2-3 fingers and 200 g each

4 tbsp unsalted butter

Olive oil as needed

Salt to taste

Black pepper to taste

1-meter cotton thread

Prawn

800 g clean prawns with the viscera removed from the back and if you prefer to leave the tail

200 g reduced cream

200 g cream cheese

Olive oil as needed

2 tbsp herb butter

4 tbsp freshly grated Parmesan cheese

Salt to taste

Black pepper to taste

Chopped parsley to taste

Pasta

400 g spaghetti, tagliatelle or fettuccine

2 chopped garlic cloves

2 tbsp unsalted butter

Salt to taste

Black pepper to taste

Olive oil as needed

Chopped parsley to taste

Herb Butter

200 g unsalted butter at room temperature

Chopped rosemary to taste

Chopped thyme to taste

Chopped parsley to taste

To Serve

Grated Parmesan cheese to serve to taste

Chopped parsley to taste

How to Make It

1. For herb butter mix the butter with the herbs until smooth.
2. In a PVC film place the herb butter as a roll.
3. Wrap with PVC film like a roll and seal the ends tightly.
4. Take to the freezer for 4 hours before using.
5. Season the prawns with salt and pepper.
6. For the filet mignon to season with salt and pepper, tie with cotton thread so as not to deform and pass olive oil throughout the piece.
7. Grill in a very hot non-stick frying pan with 2 tablespoons of unsalted butter on all sides.



8. While grilling the filet mignon in a very hot fry pan add a drizzle of olive oil and 2 tablespoons of herb butter.
9. Add the prawns and grill until golden brown.
10. After browning the prawns add the reduced cream and the cream cheese and mix to incorporate.
11. Add Parmesan cheese, parsley and mix to incorporate.

12. Try salt and pepper and cover with plastic wrap so as not to get a crust and reserve.



13. For tagliatelle cook the pasta in salted water until it is al dente and reserve some of the cooking water.

14. In a fry pan, heat a drizzle of olive oil with 2 tablespoons of unsalted butter and brown the garlic.

15. Add the cooked pasta with a little cooking water.

16. Add parsley to taste and mix.

17. To assemble, place the tagliatelle on the bottom of a plate.

18. Place the filet mignon on top of the tagliatelle and finally the prawns with the cheese sauce.

19. Sprinkle parsley and serve with an extra portion of grated Parmesan cheese.



20. The following photos show other ways to mix sea and land protein, such as: a) Prawn, Filet Mignon and Risotto; b) Lobster and Filet Mignon; c) Scallops and Filet Mignon; d) Prawn, Sirloin Top Steak, Potatoes and Mushroom; e) Prawn and Top Sirloin Cap (Aussie-Australia); f) Scallops, Lobster and Sirloin Steak; and g) Prawn and Rack of Lamb (Kiwi - New Zealand).

