ANATOMY OF THE PLATE

palmer food services

Sweetheart For 2: Steak & Shrimp

COST OF GOODS: $32.00
SUGGESTED MENU PRICE: $85.00
FOOD COST: 37%
GROSS PROFIT: $53.00

Ribeye steaks deliciously topped with shrimp & scampi butter. Learn how to cook a surf and turf dinner on the grill with this easy recipe.

- Prepare grill by having two heat zones: 1) high heat and 2) medium heat with a medium cast iron pan placed on the grate.

- Pat shrimp dry with a paper towel. In a mixing bowl, toss shrimp with canola oil, 1-teaspoon salt and 1/2-teaspoon pepper.

- Season strip steaks with remaining salt and pepper. Grill over high heat 4-5 minutes per side or until they reach an internal temperature of 125°F for medium rare. Allow to rest, while preparing shrimp.

- Grill shrimp over high heat, 2 minutes on one side. While shrimp grill, add 4-tablespoons butter and garlic to the cast iron pan (over medium heat). Flip shrimp and grill 2 more minutes. Transfer to cast iron pan and stir in parsley and lemon zest; searing 2 more minutes.

- Remove from heat, stir in remaining 2-tablespoons butter and lemon juice until melted. Serve steaks topped with shrimp and drizzled with scampi butter.

INGREDIENTS:
(ITEM & AMOUNT FOR RECIPE)

1. **S1K99   Certified Angus Beef ®**
Delmonico steak, ~2 inches thick cut into heart shape
Use code #S1K99 CTS   (*note 28oz / Lip-on / split into 1" thick heart shape)

2. **#34277   Front Street Market**
Fine Sea Salt - 5 tsp, divided

3. **#35006   Front Street Market**
Black Pepper - 2.5 tsp, divided

4. **#37062   Daniele**
Olive Oil Blend (10% EVOO) - 1 tsp

5. **#5281   Ocean Garden**
U/15 Wild Caught Shrimp - 4 ea ($.66/ea)

6. **#8908   Oatka**
Salted Butter Prints - 6 tbsp, divided

7. **#2282   PFS Produce**
Flat Leaf Parsley - 2 tbsp, finely chopped

8. **#2072   PFS Produce**
Fresh Lemon - 1 juiced, zested

9. **#2213   PFS Produce**
Peeled Garlic Cloves - 3 minced

FRESH INGREDIENTS EQUAL DELICIOUS IDEAS WHEN YOU CHOOSE PALMER FOODS!