

## Surf And Turf



### *Ingredients*

- 2 porterhouse steaks, 3cm thick
- 6 large prawns, head and shell removed, deveined, tails left intact
- 125g butter, softened
- 2 lemons, one zested and juiced, one quartered
- 3 tbsp chopped fresh parsley
- 4 large cloves garlic, whole, crushed slightly
- Salt and freshly ground pepper

### *Directions*

Step 1 – Remove the steak from the fridge and allow to come to room temperature for at least an hour before cooking. Season each side of the steak with salt and pepper.

Step 2 – Place the butter, lemon juice and zest and 2 tablespoons of the parsley into a bowl. Season generously with salt and pepper and mix together well. Place the mixture onto a piece of cling wrap, shape into a log, then roll the cling wrap to enclose the butter, twisting at the ends. Refrigerate until ready to use. (The remainder can be frozen for future use).

Step 3 – Prepare the BBQ for direct cooking over medium heat (180 - 200°C). Ensure the grills are clean. Preheat a BBQ safe frying pan or skillet and once hot, add 1-2 tablespoons of olive oil and 2 tablespoons of the flavoured butter. Once melted, add the steaks and the garlic cloves, close the BBQ lid and cook for 3 minutes.

Step 4 – Add the prawns to the pan, turn the steaks and baste everything with the butter mixture, then close the lid and cook for a further 3 minutes, or until the prawns are cooked through and the steak is cooked to your liking (refer to the Steak Internal Temperature Chart attached). Cover the steaks and the prawns to rest and keep warm, then top each steak with an extra slice of the butter and garnished with the prawns, the remaining parsley and lemon wedges.



## Steak Internal Temperature Chart

	<b>Remove From Heat</b>	<b>Final Rested Temp</b>
Rare	48°C / 118°F	50°C / 120°F
Medium Rare	52°C / 125°F	54°C / 130°F
Medium	58°C / 136°F	60°C / 140°F
Medium Well	62°C / 143°F	65°C / 150°F
Well Done	68°C / 154°F	70°C / 160°F

