

Butter Seared Lobster & Steak: The Ultimate Surf and Turf Dinner

Butter Seared Lobster and Steak: The Ultimate Luxurious Surf and Turf Dinner!



TIME
30 min

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INGREDIENTS

2 lobster tails (about 4-6 oz each, fresh or thawed)
2 beef steaks (your choice of cut: 8-10 oz each, such as ribeye, New York strip, or sirloin)
4 tablespoons unsalted butter, divided
2 cloves garlic, minced
Fresh herbs (like parsley or thyme) for garnish, chopped
Salt and black pepper to taste
Lemon wedges for serving

DIRECTIONS

- 1. Preheat the Skillet:** Start by placing a large, heavy-bottomed skillet (cast iron works beautifully) over medium-high heat. Let it preheat for several minutes until it's very hot. Add 2 tablespoons of unsalted butter to the hot skillet and let it melt until it's foamy and lightly browned.
- 2. Season and Sear the Steaks:** While the skillet is heating, pat the beef steaks dry with paper towels. Season them generously on both sides with salt and black pepper to taste. Carefully place the seasoned steaks in the hot skillet. Sear for about 4-5 minutes on each side, or until they reach your desired doneness (e.g., medium-rare is 130-135°F / 54-57°C internal temperature). Use an instant-read thermometer for accuracy. Once cooked, remove the steaks from the skillet and transfer them to a cutting board or plate. Let them rest for at least 5 minutes. This crucial resting period allows the juices to redistribute, ensuring a tender and juicy steak.
- 3. Prepare the Garlic Butter:** While the steaks are resting, reduce the heat under the skillet to medium. Add the remaining 2 tablespoons of unsalted butter and the 2 cloves minced garlic to the same skillet. Cook for about 1 minute, stirring constantly, until the garlic is fragrant and the butter is melted and slightly browned. Be careful not to burn the garlic.
- 4. Cook the Lobster Tails:** Place the lobster tails into the fragrant garlic butter in the skillet, cut side down (if you've split them). Sear for about 3 minutes until the meat begins to turn opaque. Then, flip the lobster tails over. Continue cooking for another 3-4 minutes, or until the lobster meat is

completely opaque, firm, and cooked through. Make sure not to overcook the lobster; it should be tender and juicy.

5. 5. Serve: Remove the cooked lobster tails from the skillet and place them alongside the rested steaks on a serving plate or platter. Drizzle any remaining garlic butter from the skillet generously over both the lobster and the steaks.
6. 6. Garnish: Garnish with fresh herbs, such as chopped parsley or thyme, for a final touch of color and aroma. Serve immediately with fresh lemon wedges on the side, allowing everyone to squeeze a burst of fresh citrus over their luxurious meal.

SWAPS & NOTES

Lobster Tails: Use fresh or thawed frozen lobster tails. Ensure they are fully thawed for even cooking.

You can use kitchen shears to cut down the top of the shell and expose the meat, making it easier to cook and eat.

Beef Steaks: Choose your preferred cut!

TIPS FOR SUCCESS

Room Temperature Steaks: Allow your steaks to come to room temperature for 15-30 minutes before searing.

Hot Skillet: A very hot skillet is essential for a good sear and crust on both the steak and the lobster.

Don't Overcrowd: Cook steaks and lobster tails in batches if your skillet isn't large enough to avoid lowering the pan temperature.

Rest Steaks: This is a non-negotiable step for juicy steak!

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