

Steak with Creamy Cajun Shrimp Sauce: The Ultimate Surf & Turf Dinner

Steak with Creamy Cajun Shrimp Sauce: The Ultimate Surf & Turf Experience!



TIME
40 min

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INGREDIENTS

2-4 steaks (about 8-10 oz each), such as ribeye, filet mignon, or sirloin
Salt and black pepper, to taste
2 tablespoons olive oil or butter
2 cloves garlic, crushed (for basting)
2 sprigs fresh thyme or rosemary (optional, for basting)
 $\frac{1}{2}$ lb (225g) large shrimp, peeled and deveined
1 tablespoon Cajun seasoning (store-bought or homemade)
1 tablespoon unsalted butter
2 cloves garlic, minced
 $\frac{1}{2}$ cup heavy cream
... cup chicken broth (or dry white wine like Sauvignon Blanc)
... cup grated Parmesan cheese (optional, for richness)
Fresh parsley or chopped green onion, for garnish
A squeeze of lemon, optional

DIRECTIONS

1. Prepare the Steaks: Pat your steaks very dry with paper towels. This crucial step helps achieve a good sear. Season both sides generously with salt and black pepper. Heat a heavy-bottomed skillet (cast iron is best) over high heat until it's very hot and almost smoking. Add 2 tablespoons of olive oil or butter to the hot pan. Carefully place the seasoned steaks in the skillet. Sear for 3 to 5 minutes per side (depending on thickness) for medium doneness. For medium-rare, aim for 2-4 minutes per side. During the last minute of cooking, add the 2 crushed garlic cloves and 2 sprigs of thyme or rosemary (optional) to the pan. Tilt the pan slightly and use a spoon to baste the melting butter, garlic, and herb mixture over the steaks. Once cooked to your desired doneness, remove the steaks from the skillet and transfer them to a cutting board or plate. Tent them loosely with aluminum foil and let them rest for at least 5-10 minutes. This allows the juices to redistribute, ensuring a tender and juicy steak.
2. Cook the Shrimp: While the steaks are resting, season the $\frac{1}{2}$ lb large shrimp with 1 tablespoon of Cajun seasoning. Toss to coat evenly. In the same skillet (no need to clean it, the leftover bits add flavor!), add a little more butter (about $\frac{1}{2}$ tablespoon) if needed. Increase the heat back to medium-high. Add the seasoned shrimp and sauté for 1-2 minutes per side, or just until they turn pink, opaque, and are cooked through. Avoid overcooking, as shrimp can become tough quickly. Remove the cooked shrimp from the skillet and set aside with the steaks.
3. Make the Creamy Cajun Sauce: Reduce the heat under

the skillet to medium. Add the 2 cloves minced garlic to the pan and sauté for about 30 seconds until fragrant, being careful not to let it burn. Pour in the ... cup chicken broth (or dry white wine) and use a wooden spoon or spatula to scrape up any browned bits from the bottom of the pan. Let it simmer and reduce slightly for 1-2 minutes. Stir in the ½ cup heavy cream and the ... cup grated Parmesan cheese (if using). Bring the sauce to a gentle simmer, stirring occasionally, for 2-3 minutes until it has slightly thickened. Taste the sauce and adjust with salt, black pepper, or more Cajun seasoning if needed. Return the cooked shrimp to the sauce to warm through, tossing gently to coat.

4. 4. Plate & Serve: Slice the rested steak against the grain into thick slices (or serve whole, if preferred). Spoon the creamy Cajun shrimp sauce generously over the steak on serving plates. Garnish with fresh chopped parsley or green onion for a touch of color and freshness. A final squeeze of fresh lemon juice over the top is optional but highly recommended to brighten the flavors. Serve immediately with complementary sides such as creamy mashed potatoes, fluffy rice (perhaps garlic butter rice), or roasted vegetables.

SWAPS & NOTES

Steak Cut: This recipe works beautifully with various cuts.

Ribeye offers rich marbling, filet mignon is incredibly tender, and sirloin is a flavorful, leaner option.

Adjust searing times based on your chosen thickness and desired doneness.

Oil/Butter for Steak: Both olive oil and butter are excellent for searing.

TIPS FOR SUCCESS

Room Temperature Steaks: Let steaks sit at room temperature for 20-30 minutes before cooking for more even results.

High Heat Sear: A screaming hot pan is essential for a beautiful crust on your steak.

Rest Your Steak: This step is crucial for juicy, tender steak.

Don't Overcook Shrimp: Shrimp cook very quickly.

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