

The Ultimate Surf & Turf Recipe: Restaurant-Quality Steak and Shrimp at Home

There is something inherently celebratory about a



TIME
40 min

TEMP
145°F

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

For the Steak:

2 Ribeye or Strip Steaks: (250-300 g / 9-10 oz each, approx. 1-1.5 inches thick)

Salt and Freshly Ground Black Pepper: Don't be shy with the seasoning!

1 tbsp Neutral Oil: Canola or avocado oil works best for high-heat searing.

2 tbsp Unsalted Butter: For that iconic baste.

2 Garlic Cloves: Smashed but left whole.

2 Sprigs Fresh Thyme or Rosemary: To infuse the butter.

For the Shrimp:

225 g (8 oz) Large Shrimp: Peeled and deveined (tail-on looks best for presentation).

1 tbsp Butter

1 tbsp Olive Oil

2 Garlic Cloves: Minced finely.

1 tbsp Fresh Lemon Juice: To cut through the richness.

1 tbsp Chopped Parsley: For a pop of color and freshness.

Salt & Pepper: To taste.

DIRECTIONS

- 1. Temper and Season:** The biggest mistake people make is taking a steak straight from the fridge to the pan. Pat your steaks completely dry with paper towels. This is crucial for a good sear. Season generously with kosher salt and pepper, then let them sit at room temperature for 30-40 minutes. This ensures the center isn't cold when the outside is done.
- 2. The High-Heat Sear:** Place a heavy cast-iron skillet over high heat. You want to see the oil shimmering and just starting to smoke. Place the steaks in the pan (lay them away from you to avoid oil splatters). Sear for 2-3 minutes per side without moving them. You are looking for a deep, mahogany-colored crust.
- 3. The Butter Baste:** Lower the heat to medium. Toss in the 2 tablespoons of butter, smashed garlic, and herbs. As the butter foams, tilt the pan so the fat pools at the bottom. Use a large spoon to continuously pour that hot, flavored butter over the steaks for another 1-2 minutes.
- 4. Pro Tip:** Use a meat thermometer!
- 5. Rare:** 120-125°F (49-52°C)
- 6. Medium-Rare:** 130-135°F (54-57°C)
- 7. Medium:** 140-145°F (60-63°C)
- 8. The Rest:** Remove the steaks and place them on a warm plate. Tent loosely with foil. Resting for 5-10 minutes allows the juices to redistribute. If you cut it too soon, all that flavor runs out onto the cutting board.
- 9. Sauté the Shrimp:** Wipe the excess steak fat from the pan if it looks too dark, but keep the brown bits! Add olive oil and butter over medium heat. Add the shrimp

in a single layer. Cook for 1-2 minutes per side until pink and opaque. Add the minced garlic in the last 30 seconds so it doesn't burn. Finish with lemon juice and parsley.

10. Assembly: Slice the steak against the grain. Arrange the shrimp over or alongside the steak and pour that glorious lemon-garlic butter from the pan over everything.

SWAPS & NOTES

The Steak: Ribeye is my go-to for its marbling and flavor, but a Filet Mignon works beautifully if you prefer a leaner, more

tender cut.

The Shrimp: If you can find jumbo prawns, use them!

Just adjust the cook time by an extra minute.

Dairy-Free: You can swap the butter for a high-quality vegan butter substitute or simply use more olive oil and a touch of smoked paprika for depth.

TIPS FOR SUCCESS

Surface Moisture: If the steak is wet, it will steam instead of sear.

Dry it like your dinner depends on it.

Don't Overcrowd: If your pan isn't big enough for two steaks, cook them one at a time.

Overcrowding drops the pan temperature and ruins the crust.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/the-ultimate-surf-turf-recipe-restaurant-quality-steak-and-shrimp-at-home/>