

Herb crusted shrimp, 3 pepper sirloin, asparagus tips

Recipe for 4 persons

Description

A surf and turf of shrimp and beef sirloin, served with a 3 pepper sauce potatoes and asparagus.

Note

You can always use other fresh herbs in the panko mix for the shrimp, feel free to experiment!

Ingredients

Shrimp and Sirloin

- 4 Unit(s) Big shrimp
- 50 Gr Japanese breadcrumbs (panko)
- 1 Unit(s) Egg yolk
- 25 Gr Butter
- 10 Sprig(s) Chives
- 10 Leaf(ves) Parsley
- 4 Unit(s) Sirloin steak

- Olive oil
- Salt and pepper

Asparagus

- 12 Unit(s) Green asparagus

- Olive oil
- Salt and pepper

3 pepper sauce

- 5 Gr 3 peppers
- 50 Ml Cognac
- 250 Ml Veal demi-glace
- 1 Sprig(s) Thyme

- Olive oil
- Salt and pepper

Potatoes

- 4 Unit(s) Yukon gold potatoes
- 1 Unit(s) Egg
- 4 Sprig(s) Thyme

- Olive oil
- Salt and pepper

Preparation

- Preparation time **60 mins**
- Preheat your **barbecue** at **500 F°**

Preparation

Cut the shrimps lengthwise in half and clean them. Finely slice the parsley and chives. Clean the asparagus and drizzle with olive oil, salt and pepper. Cook the potatoes in the oven or in boiling water until they are tender, then let them cool. Remove the beef from the fridge to temper at least one hour before cooking them, and season with salt and pepper just before cooking.

3 pepper sauce

Crush the pepper with a mortar and pestle or a spice grinder. Roast them a bit in a skillet and then

add the cognac and flambée it. Add a branch of thyme and the demi-glace and let this mixture reduce until you reach the desired consistency. Season to taste.

Potatoes

Grate the potatoes, finely chop the thyme. In a mixing bowl, combine the potatoes, the thyme, the eggs, salt and pepper. Mix well and make 4 nice patties. Cook in a skillet with a little vegetable oil for roughly 3 minutes on each side.

Shrimp

In a mixing bowl, combine the panko, the herbs, the melted butter and the egg yolk. Combine well and then season with salt. Sprinkle the panko mix over the flesh of the shrimp and then transfer to a baking sheet. Cook for roughly 8 minutes in the oven or the BBQ.

Cooking the asparagus and beef

On the hottest side of your BBQ, sear the beef and then move to a cooler part of the grill to finish cooking it if necessary. For a perfect cook, remove the beef once it reaches an internal temperature of 50°C. Let the meat rest for at least a minute before transfer to the serving plates.

Cook the asparagus for roughly 6 minutes right on the grill.

Bon appétit!