

SURF & TURF

COOKING DIRECTIONS

TIP:

LET STEAK SIT AT ROOM TEMPERATURE FOR 30 MINUTES BEFORE COOKING TO ENSURE ACCURATE COOKING TIMES. USE A RELIABLE MEAT THERMOMETER.

1. Preheat oven to 425°F.
2. Prep the lobster tails: Trim the legs and cut the top of the shell with scissors, leaving the tail intact. Carefully lift the tail meat through the slit and rest it on the shell.
3. Generously season both sides of steaks with salt.
4. Turn stove with oven proof skillet on to medium high and add 2 tablespoons of oil to skillet. (Recommendation: do not use oil olive due to lower smoke point)
5. Once skillet is hot, sear steaks for 2 minutes on each side.
6. Immediately transfer the skillet to the oven. **[WARNING]** skillet may be hot, handle with oven mitts. See table below for cooking times & temps.
7. Melt 2 florets of butter in microwave for 10-15 second intervals until melted and baste the lobster tails.
8. Place Tony's Oven-Ready Asparagus tray and lobster tails on a baking sheet flesh side up basting lobster tail with melted butter bake for 8-10 minutes or until lobster turns red.
9. Use an oven mitt to remove steaks from oven and drizzle pan drippings from the skillet over each steak. Let steaks rest for 5 minutes.
10. Remove lobster tails and asparagus from oven. Toss asparagus to evenly distribute butter. Season with salt to taste.
11. Heat the bordelaise sauce and steak toppers separately in small saucepans until warm. Serve with steaks.
12. Melt and distribute the remaining butter over your lobster tails. Plate and enjoy!

For Rare:

Bake for approximately 4-5 minutes
or, until 125°F - 130°F internal.

For Medium Rare:

Bake for approximately 5-6 minutes
or, until 130°F - 140°F internal.

For Medium:

Bake for approximately 6-7 minutes
or, until 140°F - 150°F internal.