

SURF *and* TURF

DINNER FOR TWO



THIS IS A
PALEO RECIPE,
FOR NON-PALEO
SUBSTITUTE GHEE
WITH BUTTER

INGREDIENTS:

The Surf

- 2 whole lobster tails
- ½ cup ghee, melted
- ½ tsp. ground paprika
- 1 garlic clove, minced
- 1 lemon, cut into wedges
- Sea salt and freshly ground black pepper to taste

The Turf

- 2 New York strip steaks
- 2 tbsp. coconut oil or ghee
- 1 tbsp. Paleo cooking fat or ghee
- 2-3 garlic cloves, smashed
- Sprig of fresh herbs, thyme or rosemary; (optional)
- Sea salt and freshly ground pepper to taste (*try Caraluzzi's 5-Pepper Blend & Caraluzzi's Sea Salt*)

DIRECTIONS:

The Surf

1. Preheat your oven broiler to high.
2. Using a sharp knife, carefully make length-wise cuts down the tops of the lobster tails. Pull the shells apart slightly, and pull the lobster meat out most of the way, but not completely.
3. Pinch the shells closed and rest the pulled-out meat on top of the shell.
4. Cover the lobster meat with ghee and season with roughly equal amounts of paprika, garlic, sea salt, and black pepper.
5. Place lobster tails on a baking sheet.
6. Broil the tails until lightly browned, about 5 to 10 minutes.

The Turf

1. Remove the steaks from the refrigerator 20 minutes before cooking and let them temper to room temperature.
2. In a skillet, melt the oil over a medium high.
3. Season the steaks with sea salt and freshly ground black pepper on both sides.
4. Place the steaks in the skillet and sear both sides for 2 to 3 minutes.
5. Add the ghee, the garlic, and the fresh herbs (if using) to the skillet.
6. Turn the steak every minute, basting regularly until it reaches your desired doneness.
7. Remove the steaks from the skillet and let them rest for a minute or two before serving.

Serve the steaks and lobster tails with lemon wedges.



Caraluzzi's

SERVES: 2 • PREP: 35 MIN • COOK: 25 MIN • *Recipe & photo courtesy of Paleo Leap*