

# Surf and Turf Cooking Class

With Chef Brother Luck

## Filet Mignon

2 x 4 oz

Pinch

Pinch

1 oz

2 oz

2 ea

1 ea

1 spring

1 sprig

*course*

Beef Filet Mignon

Kosher Salt

Cracked Black Pepper

Canola Oil

Unsalted Butter

Garlic Cloves

Shallot

Rosemary

Thyme

*toasted by grind  
searing can be done way early  
(caramelizing)*

Procedure: Season the beef on both sides with salt and pepper. Pan sear on side over high heat in saute pan. Cook to desired temperature. Baste with butter, garlic, shallot, and herbs. Allow to rest before serving.

## Red Wine Sauce

2 stalks

1 ea

1 ea

4 cloves

32 oz

1 Tbl

2 Tbl

1 sprig

2 Tbl

8 oz

2 Tbl

1 Tbl

2 Tbl

Celery

Carrot

Yellow Onion

Garlic

Beef Stock

Molasses

Balsamic Vinegar

Rosemary

Tomato Paste

Red Wine

Corn Starch

Water

Unsalted Butter

*cycle:  
caramelize / deglaze  
Pinch  
w/roast*

Procedure: Char the celery, carrot, onion, and garlic in hot oil. Add the tomato paste and roast. Deglaze with red wine. Add beef stock, molassic, vinegar, and rosemary. Allow to reduce by half. Thick with corn starch slurry. Finish with butter.

Shawrock Warehouse  
rest. distrib.

Famous  
Bonnie & —  
Sushi Row  
Fairmont  
contemporary

## Garlic Butter

### Shrimp

- |          |  |
|----------|--|
| 6 ea     | Raw Shrimp (peeled, deveined, shell off) |
| Pinch    | Kosher Salt                              |
| Pinch    | Cracked Black Pepper                     |
| 2 Tbl    | Canola Oil                               |
| 2 cloves | Garlic (chopped)                         |
| ½ ea     | Shallot (small diced)                    |
| 2 oz     | White Wine                               |
| 1 Tbl    | Chives (sliced)                          |
| 1 ea     | Lemon (zest and juice)                   |
| 4 Tbl    | Unsalted Butter                          |

Procedure: Heat the oil over high heat. Season the shrimp with salt and pepper. Sear on one side. Add the garlic and shallot. Deglaze with wine wine and reduce. Add lemon zest, juice, and chives. Finish with unsalted butter.

## Chive Risotto

- |          |                            |
|----------|----------------------------|
| 1 oz     | Olive Oil                  |
| 2 cloves | Garlic Cloves (chopped)    |
| 1 ea     | Shallot (small diced)      |
| 1 cup    | Arborio Rice               |
| 1 ½ cups | White Wine                 |
| 1 sprig  | Fresh Thyme (stem removed) |
| 32 oz    | Chicken Stock              |
| TT       | Kosher Salt                |
| 4 Tbl    | Unsalted Butter            |
| 2 Tbl    | Chives (sliced)            |
| 1 cup    | Parmesan Cheese (grated)   |
| Pinch    | Black Pepper               |

Procedure: Lightly saute the garlic, thyme, and shallots in olive oil. Add the rice and toast. Deglaze with white wine. Cook slowly with chicken stock in small batches while constantly stirring until rice is tender. Finish with cheese, chives, black pepper, and butter.

control temp  
no size  
all about absorbing

Brother Luck

add hot broth

blended oil  
80% need to go  
EVOO 30%

fortif:  
mion 1/2 carrot 1/4  
celery 1/4

"Chef Brother Luck" website

What the Lucke  
online library