

Duo of herb-crusted shrimp and sirloin with 3 peppers, asparagus tips, parsnip purée |

Recipe for 4 servings

Description

A lovely mix of beef and shrimp, served with asparagus skewers and a parsnip purée flavored with thyme.

Note

Caution: cooking requires close supervision.

Ingredients

Shrimp

- 4 Unit(s) Big shrimp
- 60 Gr Butter
- 1 Clove(s) Chopped garlic
- 8 Sprig(s) Flat parsley
- 4 Sprig(s) Tarragon

Lemon asparagus

- 0.50 Bunch(es) Green asparagus
- 1 Unit(s) Lemon
- 45 Ml Olive oil
- 8 Unit(s) Skewer sticks

Sirloin steak, 3 pepper sauce

- 600 Gr Sirloin steak
- 15 Gr Butter
- 1 Unit(s) French shallot
- 2 Clove(s) Garlic
- 10 Ml Black peppercorns
- 10 Ml Green peppercorns
- 10 Ml Pink peppercorns
- 60 Ml Cognac
- 300 Ml Veal stock
- 200 Ml 35% cooking cream

Parsnip purée with thyme

- 400 Gr Parsnip
- 4 Sprig(s) Thyme
- 45 Gr Butter
- 60 Ml 35% cooking cream

Preparation

- Preparation time **60 mins**
- Preheat your **BBQ** at **400 F°**

Shrimps

Chop garlic and herbs. Gently sweat garlic in butter and set aside. Once cooked, grill the shrimp on the BBQ and coat with hot garlic butter, then roll in our chopped parsley and tarragon mixture.

Beef sirloin

Finely chop shallot and garlic. Crush the three peppers in a mortar and pestle. Sweat shallot and garlic, then roast all three peppers for 1-2 minutes. Deglaze with cognac and flambé. Add the veal stock and reduce by half, then stir in the cream and reduce again until the desired sauce texture is

obtained. Sear the ribeyes on each side and continue cooking indirectly for 4 to 10 minutes, depending on desired doneness.

Asparagus skewers

Thread 8 asparagus spears onto two skewers and repeat three times. Then coat with olive oil and grill for 1-2 minutes on both sides. Once cooked, squeeze a lemon onto the skewers.

Parsnip purée

Chop your thyme finely, peel your parsnips and cut into small pieces. Cook in salted water for 20 minutes. Drain well and purée in a food processor, adding the thyme and butter and adjusting the texture with the cream.

On the plate

Make a nice purée line, add the shrimp tails in one corner and the asparagus skewer in the other, place the rib eye in the center and drizzle with pepper sauce.

Bon appétit!