



COMPASS ROSE

café

Beef Tenderloin & Shrimp Scampi

Things you will need to complete this recipe:

| | |
|-------------------|-----------------|
| Cast Iron Skillet | Rubber Spatula |
| Microwave | Butter |
| Sauté Pan | Olive Oil |
| Tongs | Salt and Pepper |

Ingredients in your box:

Beef Tenderloin

2(ea) – 5-6oz cuts

Shrimp

U10 Gulf Shrimp

Scampi Sauce

butter, garlic, cream, white wine,
lemon, parsley, salt & pepper

Mashed Potatoes

milk, butter, heavy cream,
roasted garlic, salt & pepper

Jumbo Asparagus

Recipe Tips

- * Always read the entire recipe before you begin
- * Make sure you are following the steps in numerical order
- * Set your area up in advance so there are no issues during the cooking process



www.compassrosecafe.com



[chef.compass.rose](https://www.instagram.com/chef.compass.rose)

This is called *Mise En Place* and it is always the chef's first task!

Have fun!



STEP 1

Empty ingredients from box. Stand steaks flat side up on plate, pat dry, then season liberally with salt and pepper on top and bottom. Heat cast iron skillet to medium high heat. Once the pan is hot, add a tablespoon of butter and swirl to melt (if it starts to brown and smoke immediately, turn your heat down). Place steaks directly into the melted butter, seasoned side down cook for 2-3 minutes.



STEP 3

After 2-3 minutes of cooking the steaks, add another 2 table-
spoons of butter and allow it to melt. Flip the steaks over into the butter. Once flipped use a spoon to gently baste the steaks in the butter that remains in the pan throughout the cooking process. Chef recommends you prepare the steak medium rare, Once you've prepared the steaks to your liking, remove them from the pan and set onto a plate to rest.



STEP 5

While the asparagus is cooking, add the shrimp and scampi sauce to a sauté pan and heat using med-low heat. Slowly bring the mixture up to a light simmer, once shrimps have cooked, turn heat off.



STEP 2

While steak is cooking, microwave potatoes for 1 minute, remove from microwave and stir, then repeat until hot. Try to time this with the completion of the asparagus and steaks.



STEP 4

Add the asparagus directly to the pan that the steaks were being cooked in, add additional salt and pepper over top the vegetables and continue to cook until tender and bright (3-5 minutes), rolling or flipping every minute or two.



STEP 6

To build plate, add mashed potatoes to center of plate, place steak next to potatoes, lay asparagus tips up between the two pour the scampi butter and shrimp over the dish and enjoy!