

**Surf + Turf
Dinner Menu
May 3, 2018**

Starter

Gazpacho

Main Course Options

Grilled NY Strip with Chimichurri

Grilled Herbed Shrimp

Sea Scallops in a White Wine Sauce

Grilled Portobellos + Chimichurri

Roasted Cod in Parchment Paper

Sides

Charred Asparagus, Prosciutto di Parma and aged Parmesan

Chopped Green Salad

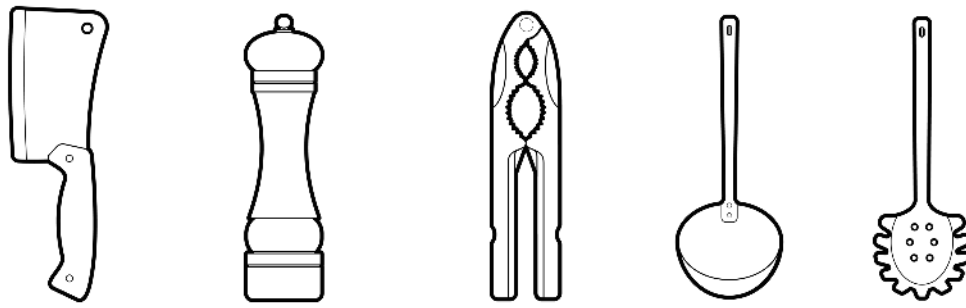
Dessert

Chocolate Lava Cakes



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Gazpacho with Avocado

Serves 4 - 6

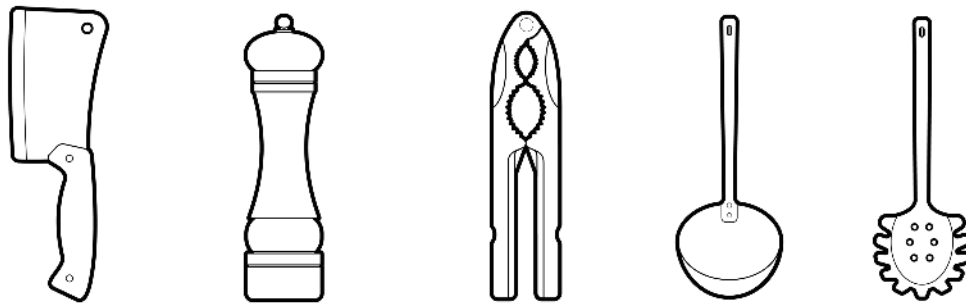
INGREDIENTS

- 1 1/2 lb. red heirloom tomatoes, cored and roughly chopped
- 1 English cucumber, peeled, halved lengthwise, seeded, and roughly chopped
- 1/4 red onion, finely chopped
- 1/3 c. finely chopped fresh cilantro (plus extra leaves for garnish)
- 2 cloves garlic, minced (divided)
- 3/4 tsp. crushed red pepper flakes (divided)
- 3 tbsp. sherry vinegar
- 5 tbsp. extra-virgin olive oil, divided (plus more for serving)
- kosher salt
- Freshly ground black pepper
- 1 1/2 tsp. ground cumin
- 2 pinches of salt and 1 pinch of pepper (a couple of pinches of cayenne pepper if you want a spicier version)
- 1 tbsp. lemon juice
- 1 avocado, diced – do this right before serving

PREPARATION

1. In large bowl, stir together tomatoes, cucumber, red onion, cilantro, 1 clove of garlic, ¼ teaspoon of red pepper flakes, sherry vinegar, and 4 tablespoons of olive oil, and season with salt and pepper.
2. Add half the tomato mixture to blender and blend until smooth. Pour into clean bowl and blend remaining tomato mixture; add to gazpacho. Taste and season with additional salt and peppers if desired, then place in refrigerator to chill until ready to serve.
3. Divide gazpacho into bowls and garnish with diced avocado, grilled shrimp, cilantro leaves, and a drizzle of olive oil (optional). Serve immediately.





Grilled NY Strip Steaks

Serves: 4-6

Ingredients

- 2 lbs. NY Strip Steak
- 1 lime
- 3 cloves garlic
- 1.5 Tbsp. olive oil
- 1 tsp. fresh thyme
- 1 tsp. fresh Oregano
- a pinch of chili flakes
- salt to taste
- black pepper to taste

Preparation – Marinade

- Heat Grill on High
- Cut limes in half, squeeze juice into bowl add the rinds
- Mince the garlic fine, add to bowl
- Add olive oil to bowl
- Chop the herbs fine, add to bowl
- Add the chili flakes to bowl
- Put steak in bowl and coat evenly
- Leave in bowl as long as possible to marinate

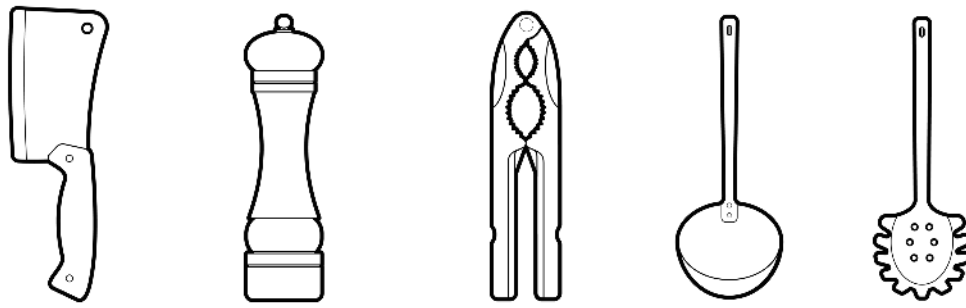
Preparation -Grilling

- To grill, lay steak flat on tray, season with salt & pepper evenly
- Grill at 45° angle for 2 min.
- Rotate cook for 2 min.
- Flip cook for 2 min.
- Rotate cook 2 min.
- Should be soft but springs back slowly when cooked to Med Rare

Preparation -Serving

- Allow to rest 3-5 min before cutting
- Arrange nicely on plate
- Garnish with fresh herbs





Chimichurri Sauce

Serves: 4-6

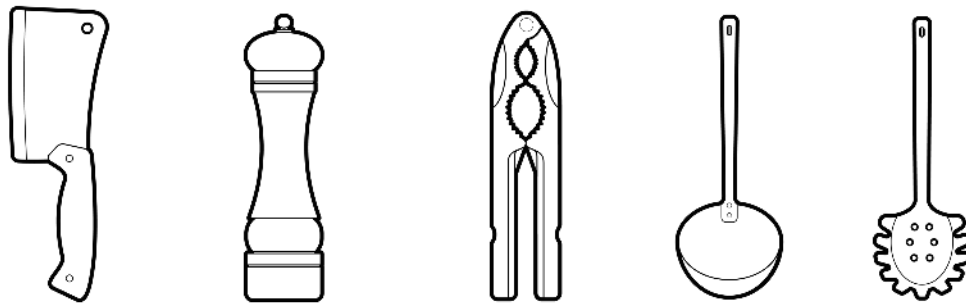
Ingredients

- 1 1/2 cups parsley, finely chopped (either will work, but flat leaf Italian parsley is best)
- 3 cloves garlic, minced
- 1 shallot, minced
- 1/4 tsp red pepper flake
- 3-4 Tbsp olive oil (extra virgin when possible)
- 3 Tbsp lemon juice
- 1/2 tsp each sea salt and black pepper

Preparation

- Finely chop the parsley, fresh oregano, and garlic. Place in a small bowl.
- Stir in the olive oil, salt, pepper, and red pepper flakes. Adjust seasonings.
- Serve immediately or refrigerate. If chilled, return to room temperature before serving.
- Serve with grilled steak





Grilled Herb Shrimp

Serves 6

Ingredients

2 pounds large shrimp (16 to 20 per pound), peeled and deveined (see note)
3 cloves garlic, minced
1 medium yellow onion, small-diced
¼ cup minced fresh parsley
¼ cup minced fresh basil
1 teaspoon dry mustard
2 teaspoons Dijon mustard
2 teaspoons kosher salt
½ teaspoon freshly ground black pepper
¼ cup good olive oil
1 lemon, juiced

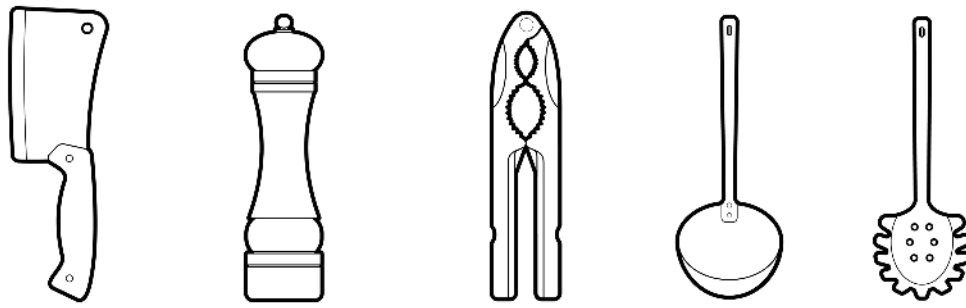
Preparation

Combine all the ingredients and allow them to marinate for at least :30 minutes at room temperature.

Skewer the shrimp - 3 or 4 shrimp on a 12-inch skewer for dinner. Heat a grill with coals and brush the grill with oil to prevent the shrimp from sticking. Grill the shrimp for only 1-1/2 minutes on each side.

Note: it's okay to leave the tails on.





Sea Scallops

Serves 6

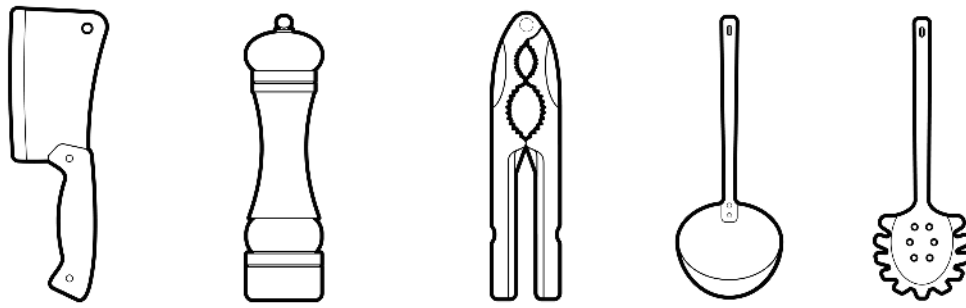
Ingredients

- 2 tablespoons olive oil
- 2 lbs sea scallops
- 2 cups dry white wine
- 3 tablespoons fresh lemon juice
- 1 tablespoon butter
- 2 garlic cloves, minced
- 2 tablespoons minced parsley
- fresh ground pepper

Preparation

- Heat oil in heavy skillet over high heat.
- When oil begins to smoke add scallops.
- Sear each side for one minute or until each side is golden brown.
- Add 2 cups of wine and lower heat to medium.
- Simmer for 2 minutes.
- Remove scallops from pan.
- Add remaining wine and lemon juice, and garlic.
- Bring to a boil and reduce by half.
- Add butter, parsley and season with pepper.
- Place scallops on a plate and smother with sauce.
- Serve.





Sherry Vinegar Gastrique for Sea Scallops

YIELD: 1/2 cup

INGREDIENTS

1 cup sherry wine vinegar
1/3 cup sugar
1/4 teaspoon kosher salt
2 -3 sprigs fresh thyme
2 -3 fresh sage leaves
1 bay leaf
1/2 sprig fresh rosemary
1/2 teaspoon black peppercorns

Preparation

In a small saucepan, combine the vinegar, sugar, and salt and bring to a boil over medium-high heat, stirring occasionally as the mixture heats. Let the mixture boil for 10-12 minutes or until reduced by half.

Reduce the heat to low so the vinegar simmers. Stir in the thyme, sage, bay leaf, rosemary, and peppercorns and let the gastrique simmer for 3-4 minutes. Remove from the heat and set aside to cool for 10 minutes.

Strain the gastrique into a glass bowl and let it cool to room temperature. At this point, the gastrique should be the consistency of light syrup, and thick enough to coat the back of a spoon. Use right away or cover and store at room temperature for up to 10 days.

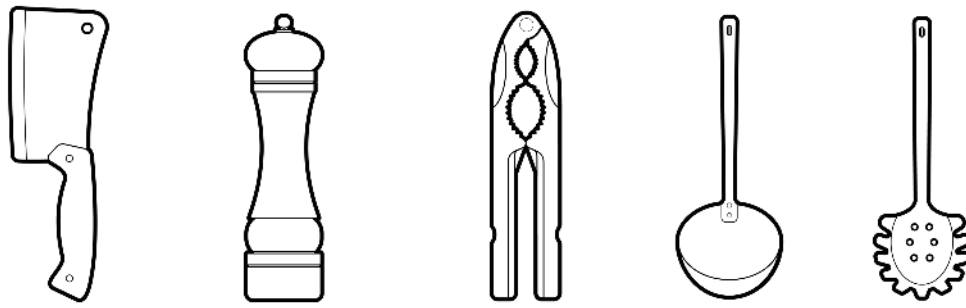
Notes...

A gastrique is a sweet-and-sour sauce at its simplest. It's made up of caramelized sugar (or sometimes honey), combined with equal parts vinegar; it's reduced slightly to make a tart, slightly thickened syrup.

The flavor base comes from the simple combination of the sugar and vinegar, your first bet for customizing the flavor is to choose your vinegar. Think of the spicy, sharp flavor of cider vinegar, versus the fruity raspberry flavor of a red wine version, then imagine trying to incorporate one into your dish. The list goes on: Balsamic, sherry, white wine and champagne will each enhance certain other foods and flavors.

Your second option for tweaking the flavor is to experiment with added ingredients once the gastrique base has finished cooking. At this final stage, you can add fresh fruit or berries, a dash of tomato juice or orange juice, alcohol, citrus peel, herbs, spices or chiles. Heat them through, or do a final round of reducing if needed, and serve.





Grilled Portobello + Chimichurri

Adapted from the Minimalist Baker

Serves: 4 - 6

Ingredients - MUSHROOMS

- 3-4 large portobello mushrooms, stems removed, wiped clean
- 1/3 cup balsamic vinegar
- 1/4 cup olive oil
- 1/2 tsp cumin
- 1/2 tsp black pepper
- 1/4 tsp smoked paprika
- 3 cloves garlic, minced

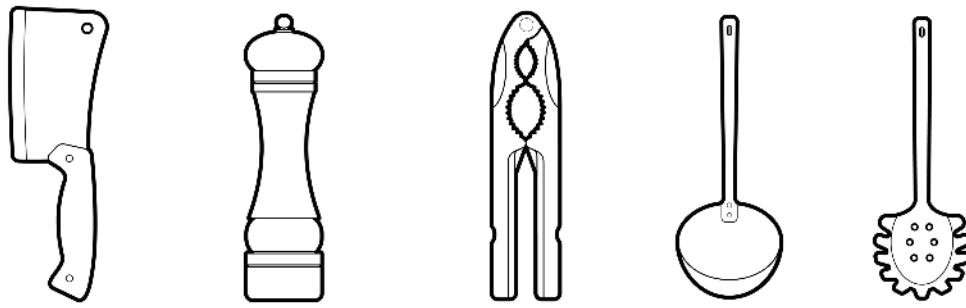
Ingredients - CHIMICHURRI

- 1 1/2 cups parsley, finely chopped (either will work, but flat leaf Italian parsley is best)
- 3 cloves garlic, minced
- 1 shallot, minced
- 1/4 tsp red pepper flake
- 3-4 Tbsp olive oil (extra virgin when possible)
- 3 Tbsp lemon juice
- 1/2 tsp each sea salt and black pepper

Instructions

1. Add portobello mushrooms to either a shallow baking dish or large freezer bag. Set aside.
2. In a small mixing bowl, whisk together balsamic vinegar, olive oil, cumin, black pepper, paprika, garlic, and steak sauce (optional). Taste and adjust seasonings as needed.
3. Add sauce to the mushrooms and use a pastry brush to brush on all sides. Marinate on one side for 5 minutes, then the other side for 5 minutes.
4. In the meantime, prepare chimichurri by adding parsley, garlic, shallot, red pepper flake, olive oil, lemon juice, salt, and pepper to a medium mixing bowl and whisking to combine. Taste and adjust flavor as needed, adding more lemon juice for acidity, salt for flavor, or red pepper flake for heat and toss to combine. Set aside.
5. Heat a grill or a large skillet over medium heat. Cook on each side for 2-3 minutes, or until caramelized and deep golden brown. Brush on any remaining marinade while cooking to infuse more flavor.
To serve, cut portobellos in half, place on a platter and top with chimichurri.





Roasted Cod in Parchment

Serves: 6

Ingredients

- 3 lbs. wild cod (or other mild white fish)
- 1 Tbsp. minced fresh thyme
- 2 lemons, thinly sliced
- 2 carrots, peeled and cut into julienne
- 1 fennel bulb, very thinly sliced (preferably on a mandolin)
- 2 Tbsp. mirin, or dry white wine
- salt and freshly ground pepper
- parchment paper

PREPARATION

Preheat oven to 350°F.

Sprinkle each fillet with chopped thyme, salt, and pepper.

Cut 3 sheets of parchment paper into the approximate size of a standard piece of paper.

Lay the parchment paper flat on a clean, dry work surface.

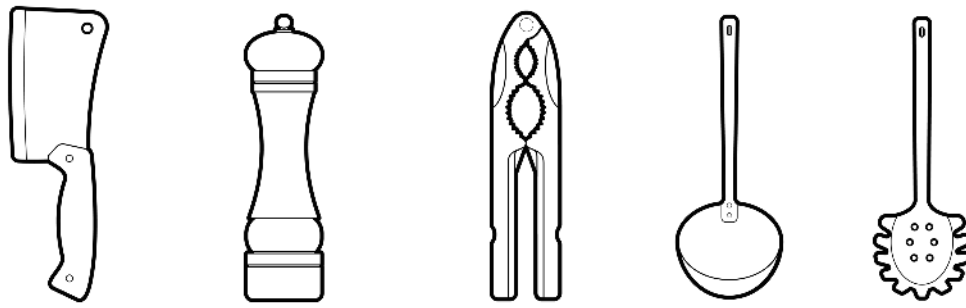
Place two (2) seasoned fish fillets in the center of each piece of parchment.

Top with a sprig of thyme, slice of lemon, and a drizzle of mirin or wine.

Fold the two, opposite short edges of the parchment over the fish and press down. Fold the open ends of the parchment towards the center to create square packets.

Place the packets with the folded side down on a baking tray; place in the oven and cook for 20-25 minutes until the fish is cooked through.





Charred Asparagus, Prosciutto di Parma and aged Parmigiano Reggiano

Serves: 6

Ingredients

2 lbs. thick asparagus spears
1 lbs. prosciutto, very thinly sliced
1.5 tbsp olive oil
salt and pepper
2 oz parmigiano reggiano cheese

Preparation

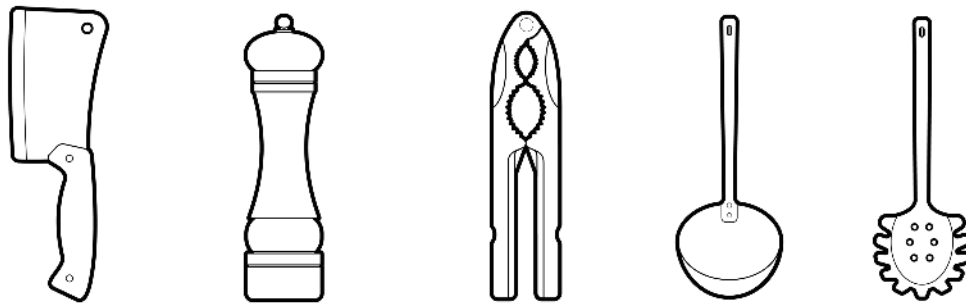
IN THE OVEN: Preheat oven to 450 degrees F. If possible, lay a wire rack on top of a sheet pan (this will yield crispier prosciutto). If you don't have the wire rack, the sheet pan will do.

Trim the ends off the asparagus. Toss the asparagus spears with the olive oil, and a good pinch of salt and pepper.

Take each slice of prosciutto and lay it out onto a cutting board. Slice it in half down the length of the slice, then grate a thin layer of parmigiano reggiano on top. Roll each asparagus spear with the parmigiano prosciutto, then lay it seam side down onto the wire rack (or baking sheet).

Bake for about 10 minutes, but check after 6-7 because thicknesses will vary. The asparagus should wiggle fairly easily, but not be limp or flimsy at all, and when you bite into it, will be tender but have a slight crunch. Serve on a platter, and shower with a little more grated parmigiano.





Chopped Green Salad

Serves 6

INGREDIENTS

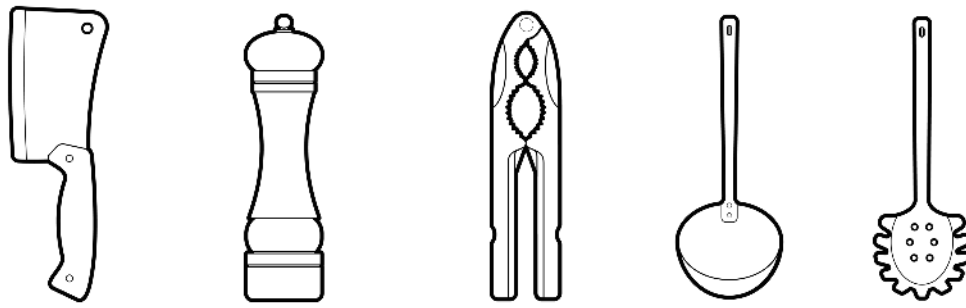
4 scallions
1 English cucumbers
6 - 8 Tomatoes
A handful of fresh basil leaves
1 heart of romaine
2 tablespoons extra virgin olive oil
1 tablespoons red wine vinegar
1 teaspoons Dijon mustard
1 teaspoon sea salt
freshly ground black pepper

PREPARATION

It's best to start by chopping the harder, crunchier veggies first, so trim and chop your scallions and slice the cucumber – place into a large bowl. Slice the tomatoes and the basil -- place into the large bowl. Mix vegetables together. Add the lettuce to the board; chop well and add to the bowl.

In a small bowl, drizzle in the extra virgin olive oil and red wine vinegar. Add the mustard and the salt and pepper. Whisk and then mix into salad so everything gets well coated and serve salad either in a large bowl or on a large platter.





Warm Chocolate Lava Cakes with Whipped Cream

Makes: 6 individual cakes

Time: Less than 30 minutes

Ingredients

- 1 stick+ (5 ounces) butter, plus a little for buttering the ramekins
- 5 squares, 1 oz. each (5 ounces) bittersweet chocolate, preferably Valrhona
- 2 eggs
- 2 egg yolks
- 1/2 cup sugar
- a dash of sea salt
- 2 teaspoons flour
- Cocoa powder for dusting ramekins

Preparation

1. Use a double boiler to heat the butter and chocolate together until the chocolate is almost completely melted. While that's heating, beat the eggs, yolks, and sugar together with a whisk or electric beater until it's a light lemon color and thick.
2. Beat the melted chocolate and butter together; it should be quite warm. Pour in the egg mixture, sprinkle the flour over the entire surface and then quickly fold in, just until combined.
3. Butter and lightly cocoa 4-ounce ramekins. Tap out excess cocoa. Divide the batter among the ramekins. * Fill each ramekin about $\frac{3}{4}$ full.
4. Preheat the oven to 450F. Bake the ramekins on a tray for 6 to 7 minutes; the center will still be quite soft, but the sides will be set.
5. Invert each ramekin onto a plate and let sit for about ten seconds. Unmold by lifting up one corner of the ramekin; the cake will fall out onto the plate. Serve immediately.

*(At this point you can refrigerate the desserts until you are ready to eat, for up to several hours; bring them back to room temperature before cooking.)

Garnish with whipped cream.

