

# FLYFISH CLUB



## Conor And Capon's SURF & TURF

You can make any of these dishes by themselves or together!

If you choose to serve the whole meal, you will need to start with potatoes first as they take the longest to cook. Followed by the steak, and once the steak is resting you can cook the scampi, and finish with the lemon garlic spinach!

First, pour yourself a nice glass of your favorite beverage!



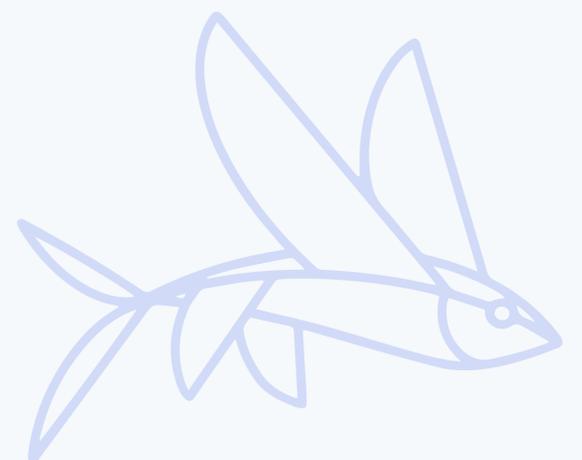
## The Perfect Steak

### Instructions

1. Pull out your steak to temper. (Let it rest at room temp for about 30 minutes before cooking.)
2. Season all sides of steak with salt and cracked black pepper.
3. Heat up a cast-iron pan over medium heat. (If you don't have a cast-iron pan you can use a stainless steel pan.)
4. Add blended oil or grapeseed oil to the pan. The pan should be smoking hot.
5. Place steak in the pan and sear for about 2-3 minutes per side on high heat or until you get a nice golden crust on each side!
6. Add garlic, rosemary, and herbs to the pan... followed by a big spoonful of unsalted butter.
7. Lower heat and begin basting the melted butter on the steak to infuse it with all the love and flavor!
8. Rest the steaks on a cutting board and top with garlic and herbs from the pan. (Allow to rest for about 6-10 minutes depending on the thickness of the steaks.)
9. Slice steak, serve, and enjoy!

### Ingredients

- 14-16 oz NY Strip (bone-in recommended)
- 1 bunch of Rosemary
- 1 bunch of Thyme
- 6 cloves of Garlic
- 4 tablespoons Unsalted Butter
- Extra Virgin Olive Oil or Vegetable Oil
- Black Pepper
- Kosher Salt





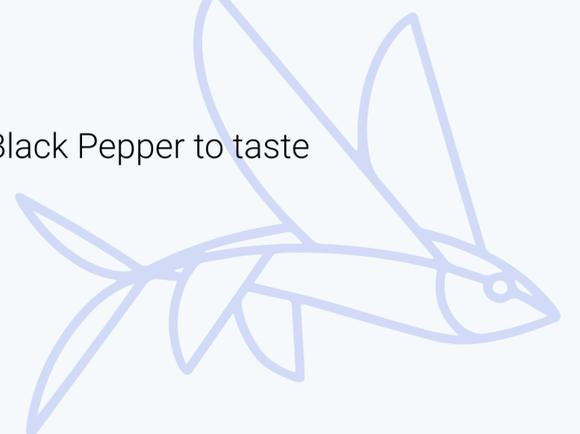
## Shrimp Scampi

### Instructions

1. Slice the garlic as thin and consistent as you can.
2. Wash and chop the parsley.
3. Season shrimp with salt and black pepper.
4. Get a large saute pan hot over medium heat, add olive oil.
5. Sear shrimp in a medium hot pan until slightly undercooked, then remove the shrimp from the pan.
6. Add more olive oil to the pan and add the sliced garlic... begin toasting the garlic until it just starts to turn golden brown along the edges.
7. When garlic is golden, add chili pepper flake, herbs, and white wine.
8. As wine reduces, reduce heat and add butter to the pan.
9. Add the shrimp back to the pan and squeeze lemon juice on top.
10. Remove shrimp, serve and enjoy!

### Ingredients

- 1lb U-12 peeled & deveined Shrimp (or head-on shrimp)
- 10 cloves of Garlic
- 1 bunch of Washed Flat leaf Parsley
- 1 teaspoon of Red Chili Flakes
- 1.5 cup of White Wine (Chardonnay or Chablis recommended)
- 4 tablespoons of Unsalted Butter
- Salt and Black Pepper to taste





## Oven Roasted Potatoes

### Instructions

1. Preheat your oven to 400f.
2. Cut potatoes in quarters lengthwise and place them in a mixing bowl.
3. Season with olive oil, salt, and black pepper.
4. Place wedges onto the sheet pan and top with a bit more olive oil, some sprigs of rosemary, and black pepper.
5. Place into the preheated oven for approximately 15 minutes.
6. After 15 minutes flip the potatoes over on the tray to get an even golden color.
7. Remove from the oven, season with some flakey sea salt, and serve.

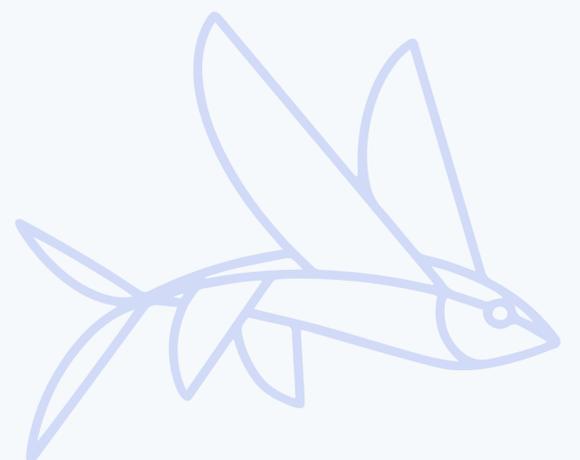
### Ingredients

4 Idaho Potatoes

1 bunch of Rosemary

Salt and Black Pepper to taste

Extra Virgin Olive Oil





## Spinach

### Instructions

1. Brown garlic in a medium hot pan.
2. Fold in spinach and let cook until it begins to wilt. Once it starts wilting you can shut off the heat. It will continue to wilt down.
3. Add lemon juice to the pan.
4. Remove, serve and enjoy!

### Ingredients

- 1-2 bags of Raw Spinach
- 3 cloves of Garlic
- 1 Lemon
- Salt and Black Pepper to taste
- Extra Virgin Olive Oil

