

Steak Oscar



Author: Bob and Robin Young **Cooking Time:** 1 hour
Start to Finish Time: 1 hour 45 minutes
Preparation Time: 45 minutes
Suggested Wine: 2012 Ravenswood Petite Sirah
Categories: Main Dish - Beef
Servings: 4

Description: A variation on the original Steak Oscar - we use shrimp. Originally, crab is used.
Source: Adapted From - Ree Drummond, "The Pioneer Woman", Dinner for Dad

Ingredients - Tarragon Hollandaise (Sauce Béarnaise)

3 lg Egg Yolks, room temperature
2 Lemons, juiced
2 stick Butter, melted and slightly cool
1 dash Sea Salt
Cayenne Pepper, as needed
1 T Tarragon, fresh and chopped (1 t dry)

Ingredients - Steak

Salt and freshly ground Black Pepper to taste
4 2" thick Beef Filet Steaks, abt 10 oz each
1 T Butter
1 T Olive Oil

Ingredients - Roasted Asparagus

1 med bunch Asparagus, ends trimmed
1 T Olive Oil, garlic infused

Sea Salt and freshly gound Black Pepper

Ingredients - Shrimp

2 T Butter
8 ozs Shrimp, 16-20 count, shelled and deveined

Directions:

Pre-heat oven to 450 degrees F

Directions - For the Tarragon Hollandaise

Add the egg yolks to a blender or a food processor and blend. Add the lemon juice and blend for several seconds. With the blender on, slowly drizzle in the melted butter.

Turn off the blender, add in a little salt, diced shallot and cayenne and whip it again until combined. Add the chopped tarragon and pulse. Set aside.

Directions -For the Steak

Generously salt and pepper both sides of the steaks.

Heat an ovenproof skillet over medium-high heat. Add the butter and olive oil. When the butter melts, add the steaks to the skillet and sear on both sides until a really nice color, about 1 minute per side.

Place the skillet in the oven to finish cooking the steaks. Cook until medium rare, 4 to 5 minutes. Cover loosely in foil and allow to rest for 5 minutes.

Directions - For the Shrimp

Melt the butter in a pan over medium-high heat. Add the shrimp and sauté until pink and dark golden brown. Sprinkle on some salt and pepper. Set aside.

**Sea Salt and freshly
ground Black Pepper
Chopped fresh Parsley
for garnish**

Serving Ideas: Place each filet steak on a plate and place three to five or six asparagus spears on top. Pile on some sautéed shrimp or crab meat if using, and drizzle on some hollandaise. Sprinkle on the parsley and serve. Serve with boiled heirloom, multi-colored small potatoes with parsley and truffle butter.