

Blackened Beef Ribeye Roast

Surf And Turf

Different from your traditional Surf and Turf recipe, you'll love this version. Blackening seasoning is rubbed on a Ribeye Roast and is complemented by shrimp and a seafood Yorkshire pudding.

INGREDIENTS

1 beef Ribeye Petite Roast (about 1-1/2 pounds)

1/4 cup Blackening Seasoning

2 tablespoons butter, softened

2 cups diced onions

1/2 cup diced green bell pepper

1/2 cup diced red bell pepper

1/2 cup diced celery

1 cup all-purpose flour

2 teaspoons Creole Seasoning

1 egg plus one egg white, lightly whipped

3/4 cup lemon soda water

1/2 cup 2% milk

2 tablespoons thinly sliced green onions

1/4 cup diced lump crab meat

7 teaspoons beef lard

1 tablespoon olive oil

12 large shrimp, tail-on, peeled and deviened

2 tablespoons fresh lemon juice

1 tablespoon chopped fresh oregano

1 teaspoon Creole Seasoning

1 recipe Sauce Chasseur (recipe follows)

1/2 cup seeded, diced Roma tomatoes

1/2 cup thinly sliced green onion



2.67
Hours



6
Servings



42 Cal



35g
Protein

COOKING

1. Rub beef Ribeye Petite Roast with Blackening Seasoning evenly onto all surfaces. Roll roast tightly in plastic wrap, shaping into a log. Refrigerate 6 hours to overnight.

2.

Preheat oven to 350°F. Heat large cast iron skillet over medium-high heat until hot. Rub butter evenly onto all sides of roast. Brown roast in cast iron skillet on all sides; remove skillet from heat. Insert oven proof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Place skillet in oven. Roast in 350°F oven 16 to 19 minutes for medium rare doneness. Remove roast when meat thermometer registers 135°F for medium rare and 150°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 10 to 15 minutes. (Temperature will continue to rise about 10° to 15°F to reach 145°F for medium rare; 160°F for medium.). Keep warm.

3. Meanwhile, prepare Vegetable Medley. Coat large skillet with cooking spray; heat on medium heat until hot. Add onions, bell peppers and celery; cook 8 to 10 minutes until soft. Reserve 1-1/2 cups vegetable mixture in small bowl; cover and keep warm. Place remaining 1/2 cup mixture in separate bowl and set aside to cool. Set skillet aside.

4. Prepare Seafood Yorkshire Pudding. Preheat oven to 475°F. Whisk flour and Creole Seasoning in large bowl; set aside. Whisk eggs, soda water and milk In separate large bowl; stir flour mixture, 2 tablespoons green onion, crab and 1/2 cup reserved Vegetable Medley into egg mixture; mix to combine.

5. Place 1 teaspoon lard into seven muffin/popover cups. Place in 475°F oven 3 minutes or until lard is melted. Add 1/3 cup batter to center of each cup. Bake in 475°F oven 20 minutes or until light brown.

6. Prepare Sauce Chasseur; keep warm.

Sauce Chasseur: Preheat large skillet on medium-low heat until hot. Add 1 cup diced onion, 1/2 cup diced celery and 1/2 cup diced carrot; cook 10 minutes until vegetables are soft, stirring occasionally. Increase heat to medium-high. Add 1 cup dry red wine to skillet; cook 3 to 4 minutes until liquid is reduced to a syrupy mixture. Add 2 cups reduced-sodium beef stock, 4 bay leaves, 1 sprig fresh thyme and 9 whole black peppercorns; cook 12 to 15 minutes until sauce is reduced to 1 cup. Strain sauce; discard vegetables and return sauce to same skillet. Reduce heat to medium-low. Stir in 2 tablespoons tomato paste; cook 2 minutes until glossy. Stir in 1 tablespoon cold butter and mix until incorporated; season with salt and pepper, as desired. Keep warm.

7. Heat oil in same large skillet as used to cook Vegetable Medley on medium-high heat until hot. Add shrimp, lemon juice, oregano and Creole Seasoning to skillet; cook and stir 5 to 7 minutes or until instant-read thermometer inserted into thickest part of shrimp registers 140°F and is pink and firm. Remove shrimp mixture from skillet; keep warm.

8. Carve roast into six servings. Place Chasseur Sauce on plate, top with remaining 1-1/2 cups Trinity mixture, sliced roast, Seafood Yorkshire Pudding and shrimp. Garnish with tomato and green onion, as desired. Season with salt and pepper, as desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		21.3g	157mg		37g	35g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

