

THE MILLENNIAL COOK
FARIHA AMBER



Must-try Surf and Turf recipes

HERBY STEAK AND SHRIMP SKEWERS WITH CHIMICHURRI SAUCE

This take on a typical American meal featuring herby steak and shrimp has a very vibrant flavour, giving bursts of freshness in every bite. The chimichurri sauce that is loaded with fresh herbs further enhances the gusto of this dish is the component that melds the flavours of meat and fish flawlessly.

Ingredients

For the steak —

- 4 pieces steak meat
- ¼ cup balsamic vinegar
- 2 tbsp Worcestershire sauce
- 2 tsp salt
- 2 tsp cracked black pepper
- 1 tsp ginger powder
- 1 tsp cayenne pepper
- 1 tsp dried chives
- 1 tsp dried rosemary
- 1 tsp dried thyme
- 2 tbsp butter
- 2 tbsp oil
- 6 cloves garlic

For shrimp skewers —

- 500g shrimp (peeled and deveined)
 - 1 tsp lemon pepper
 - 1 tsp Cajun seasoning
 - 1 tsp paprika powder
 - 1 tsp garlic powder
 - 1 tsp dried oregano, ½ tsp salt
 - 1 tbsp garlic-onion paste
 - 1 tsp lemon zest
 - ⅓ cup lemon juice
 - 2 tbsp olive oil
 - 2 tbsp chopped fresh parsley
- For chimichurri sauce —*
- 4 cloves garlic
 - 2 tbsp balsamic vinegar
 - 1 tbsp lime juice
 - ⅓ cup olive oil
 - ¼ cup chopped fresh parsley
 - ¼ cup chopped fresh coriander
 - 2 tbsp chopped fresh mint
 - 2 tbsp chopped Indian pennywort
 - 1 tsp salt
 - 1 tsp lemon pepper
 - 1 tsp dried oregano
 - 2 – 3 green chillies



Method

Begin by marinating the proteins. In a shallow bowl, combine balsamic vinegar and Worcestershire sauce along with salt, black pepper, ginger powder, cayenne pepper, dried chives, rosemary, and thyme. Whisk these together and lay the pieces of steak inside. Coat each piece well, cover with a wrap, and let these sit for about 30 minutes.

In another bowl, combine the ingredients for the shrimp marinade to include salt, lemon pepper, Cajun seasoning, paprika powder, garlic powder, and dried oregano. Also add garlic-onion paste, olive oil, lemon zest, and lemon juice along with chopped fresh parsley. Mix all these together with the shrimp, coating each piece well and leave these aside to marinate for 30 minutes. Meanwhile, prepare the chimichurri sauce.

Crush the garlic cloves with salt using a pestle and mortar. After that, add chopped green chillies and crush them as well. Next, one by one, add the fresh herbs to include parsley, coriander, mint, and Indian pennywort. Mix these together before adding lime juice, balsamic vinegar, olive oil, dried oregano, and lemon pepper. Stir everything together and let the flavours meddle.

Skewer both ends of the shrimp before grilling them. On a hot grill pan, drizzle a tablespoon of olive oil and lay the skewers. Cook each side for a couple of minutes until they are fully cooked. Once the shrimp is cooked, drizzle in more oil to the pan and place the pieces of steak.

After a minute of cooking add in butter and crushed garlic cloves. Cook them for about five minutes ensuring all sides are cooked through suiting your preferred level of cooking. Let the steak rest for at least 5 minutes before serving. To plate up, drizzle the prepared chimichurri sauce atop the pieces of steak.

SPICY SKIRT STEAK AND SHRIMP TACOS

Tacos are the creed of Mexican cuisine and if you like the numbing sensation lingering on your tongue after devouring something

- 1 tsp onion powder
- 1 tsp chilli powder
- 1 tsp chilli flakes
- 2 tbsp oil

For the slaw —

- 2 cups shredded cabbage
- ⅓ cup diced red bell pepper
- ⅓ cup diced green bell pepper
- ⅓ cup diced yellow bell pepper
- ¼ cup chopped coriander
- ½ cup curd
- 2 tbsp lemon juice
- 1 tsp lemon pepper
- 1 tsp salt

Method

Begin by preparing the steak rub. Combine 1 teaspoon each of cumin powder, salt, black pepper powder, garlic powder, onion powder, paprika powder, and cayenne pepper along with 1 tablespoon of oil. Rub these all over the steak meat and let them meld for the time it takes to prepare the shrimp.

Add 1 teaspoon each of salt, lemon pepper, Cajun seasoning, garlic powder, onion powder, chilli powder, and chilli flakes along with a tablespoon of oil. Coat all the pieces of shrimp well with this mixture and keep this aside.

Meanwhile, heat up 1 tablespoon of oil in a grill pan and gently lay the steak – you should hear a sizzle right away. Cook each side of the steak for 2 – 3 minutes. Once done, let the steak rest while you cook the shrimp adding another tablespoon of oil to the hot pan.

To prepare the slaw, combine cabbage, a mix of colourful bell peppers, chopped coriander, along with curd, lemon juice, lemon pepper, and salt and incorporate everything together. Next, cut the steak into long, slender pieces before assemblage.

To assemble the tacos, first spoon in the slaw, then sliced steak meat along with the shrimp. Finally top them off with halved cherry tomatoes for a pop of colour and burst of juiciness. Serve these immediately while the taco shells are still crispy.



extremely spicy, then this one is perfect for you! Retaining a strong flavour, this is not for the faint of heart. However, the cabbage slaw included within works as a flavourful soothing agent.

Ingredients

- 8 taco shells
- 1 cup cherry tomatoes

For the skirt steak —

- 400g steak meat
- 1 tsp cumin powder
- 1 tsp salt
- 1 tsp black pepper powder
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika powder
- 1 tsp cayenne pepper
- 2 tbsp oil

For the shrimp —

- 400g shrimp (peeled and deveined)
- 1 tsp salt
- 1 tsp lemon pepper
- 1 tsp Cajun seasoning
- 1 tsp garlic powder

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