

SURF & TURF WITH MANHATTAN SAUCE

F MEDIUM

Last Modified: 12/21/2013

PREP: 100+ Hrs
COOK: 20 Min
STOVETOP

BEEF

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
4	Pounds	Prime Rib Roast (4 Ribs)	Dry-Aged
8	Large	Diver Sea Scallops (Foot Removed)	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste
4	Tbsp	Extra Virgin Olive Oil (EVOO)	
1	Small	Lemon (Juiced)	Divided

MANHATTAN STEAK SAUCE

	ALL	Fond From Steak Cooking Skillet	
1	Tbsp	Extra Virgin Olive Oil (EVOO)	
1	Large	Diver Sea Scallop (Foot Removed)	Fine Chop
2	Large	Shallots	Fine Chop
4	Cloves	Garlic	Minced
2/3	Cup	Sweet Vermouth (Boissiere)	
4	Tbsp	Unsalted Butter	
1/2	Medium	Lemon	Juiced

ASPARAGUS SPEARS

1	Pound	Asparagus Spears	Trimmed
1	Tbsp	Extra Virgin Olive Oil (EVOO)	
1/2	Medium	Lemon	Juiced

GARNISH

2	Tbsp	Chives (NOT Chinese Garlic)	Fine Chop
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PREPARATION

FACTOID	I enjoyed this dinner (more than once) at the Marriott Plaza Hotel in NYC, when off fixing Goldman Sachs' computer system. The Hotel "used" to be nestled in between the twin towers. I just recently found the recipe on-line. I can't wait to try it once again.
NOTE	You want to end up with 4 extremely nice, one inch thick Rib Eye Steaks in order to create this truly wonderful dish. Personal dry-aging is the way to go, but this is also excellent if you simply purchase butcher thick-cut, well marbled Rib Eyes.
FACTOID	A "Prime Rib Roast" is "Prime" and can sometimes be very difficult to find. A "Standing Rib Roast" is usually "Choice" and is entirely sufficient for here. DO NOT EVEN CONSIDER purchasing a Select Rib Roast. Purchase the Rib Roast (Loin End ONLY - NOT the Shoulder End) at least 4 days ahead of time and dry-age it to concentrate the flavors. Prime Grade Beef is ALWAYS labeled as "USDA Prime". Choice Grade Beef is ALWAYS labeled as "USDA Choice". Select Grade does not have to be labeled at all since it is the "assumed" USDA Grade.

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DRY AGEING BEEF	Pat the Rib Roast dry with paper towels, hand rub the entire surface with Kosher Salt and place it on a wire rack in a shallow pan with a paper towel in the bottom to catch any drippings (change the drippings towel DAILY). Set it uncovered in the bottom (coldest) shelf of a refrigerator for a minimum of 1 day and a maximum of 4 days. Just prior to roasting, thinly shave off any pieces of exterior meat that have become completely dehydrated (REALLY funky looking) before cooking. Odds are you will not have to trim it at all. An 8 pound roast will lose well over 1/2 pound during this most important process.
NOTE	See Ron's Gold Plated Cooking Factoids for an in-depth discussion on choosing Scallops. Diver Scallops are EXPENSIVE, but absolutely <u>required</u> in a "class" dish). They also nearly always have the extremely tough muscle still attached that they use to open and close their shells with. You will see the muscle attached to the round side of the Meat (NOT the flat top or bottom). it is sharply pointed and attached to the Scallop only at the thicker end. Carefully peel it off with your fingers and discard it (See Picture).
TOOLS	1) Large Non-Stick Skillet 2) Small Stainless Steel Skillet 3) Medium Stainless Steel Skillet & Lid 4) Wire Rack
1	2 Hours Before: Set the trimmed Rib Roast on a rack on the counter and bring it to room temperature (A very, very, VERY Important step). Carefully slice it in half and slice each half in half again to make your 4 Rib Eye Steaks.
2	Drizzle some Extra Virgin Olive Oil over the Steaks and rub to coat them evenly. Sprinkle each Steak generously on both sides with Salt and Pepper to taste. Get a non-stick skillet screaming hot and add the Beef (NOT touching - do in batches if necessary). Cook 3 minutes on each side for medium rare, 4 for medium to medium well. Turn each Steak ONLY once & don't touch. Remove the Steaks from the skillet and pull it off the heat, tent them with aluminum foil to keep them warm.
3	Pat the Scallops dry with a paper towel. Drizzle some Extra Virgin Olive Oil over the Diver Scallops and rub to coat them evenly. Season each Scallop lightly on both sides with Salt and Pepper to taste. Get a small skillet screaming hot and cook the Scallops 2 to 3 minutes on each side, or until well caramelized.
4	Meanwhile, bring 2 inches of water to a boil in a covered medium skillet for the Asparagus. Baking the Asparagus instead of boiling is nicer, but takes longer.
5	MANHATTAN STEAK SAUCE: Return the steak skillet and fond to medium heat and add 1 tablespoon of Extra Virgin Olive Oil. Add the Shallots and Garlic and cook for 2 minutes. Add in the Sweet Vermouth to de-glaze the pan, bring it to a rolling boil and reduce the Sauce by half, 5 to 10 minutes or so. Add in the chopped Scallop and whisk in to mix for 30 seconds. Add the Butter to the Sauce while lightly whisking until the Butter just barely melts.
FACTOID	Adding Butter at the end (to ANY sauce) will create a very pretty sauce with a glossy sheen as long as you don't stir it much after adding the Butter.
6	Meanwhile, add the Asparagus to the boiling water. Cook 2 to 3 minutes, remove and dress with Lemon Juice, a drizzle of Extra Virgin Olive Oil, and Salt and Pepper to taste.
SERVE	Place each Rib Eye Steak on a warm serving plate and drizzle the Manhattan sauce down & over the top. REMEMBER: If this Sauce has been reduced properly, it is very strongly flavored, so a little bit will go a long way. Place 2 Scallops on top of each Steak (prettiest side up) and garnish the top with Chives. Serve with 1/4 of the Asparagus