



## **Mushroom “Surf” and Turf T-bone Steak**

### **Steak:**

- 1 (about 1-1/2 inch thick) T-bone steak
- 1 Tablespoon vegetable oil or as needed
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 to 3 Tablespoons unsalted butter
- 2 large garlic cloves, minced
- 1 Tablespoon fresh rosemary

### **Lobster Mushrooms:**

- 1/2 pound lobster mushrooms or as desired, cleaned; sliced
- 1 Tablespoon olive oil
- 1 to 2 tablespoons unsalted butter, divided
- 1 large shallot, minced
- 1/2 Tablespoon chopped fresh rosemary
- Salt and pepper

Heat 10-inch grill pan over medium high heat. Pat steak dry with paper towels; lightly brush with vegetable oil. Season steak on both sides with salt and black pepper. Add steak to hot pan; cook until browned 3 to 4 minutes per side.

Remove steak from skillet. Reduce heat to medium low. Add butter, garlic, and rosemary to skillet. Cook to melt butter.

Return steak to skillet. Cook, basting steak with butter mixture about 4 to 5 minutes for medium or until desired degree of doneness. Set aside to rest.

**Meanwhile Prepare Lobster Mushrooms:** Using a dry brush, dust off any dirt; take mushrooms apart to get into crevices; cut off any brown spots on surface. Slice larger mushrooms into thick slices.

In hot large skillet over medium heat, add olive oil and butter; sauté shallot until softened about 2 minutes; stir in rosemary; add mushrooms in even layer; cook until tender, adding additional tablespoon butter if desired and cook until butter-rich reddish sauce forms, about 3 to 4 minutes; season with salt and black pepper. Do not overcook the mushrooms.

To Serve: Place grilled steak on serving platter with juices; spoon mushrooms around steak; drizzle with mushroom sauce.

Serves: 2 large servings

**Inspired by:** “Southern Cast Iron” publication, 2017

<http://www.thekitchn.com/how-to-cook-mushrooms-on-the-stove-top-cooking-lessons-from-the-kitchn-63191>

<https://www.tastingtable.com/cook/recipes/Saut%C3%A9ed-Lobster-Mushrooms-Recipe>

**About the Recipe:** If you have a special occasion, celebrate by preparing this dish. It’s elegant, soul sizzling and delightfully delicious. The lobster mushrooms add the “surf” taste with their light “seafood” flavor and texture. Their “lobster” mushroom buttery sauce drizzles over the steak creating a beautiful marriage of flavors.

,