

SULLIVAN'S MARKETPLACE

COOK *the Perfect* STEAK

INGREDIENTS

2 TBSP EXTRA-VIRGIN OLIVE OIL

SALT AND BLACK PEPPER

4 TBSP BUTTER

2 FRESH ROSEMARY SPRIGS (OPTIONAL)

COOKING INSTRUCTIONS

1. Preheat oven to 400°. In a large cast iron skillet or oven-proof skillet over medium-high heat, heat the oil. Pat steak dry with paper towels and season the steak generously with salt and pepper on both sides. When oil is hot and just about to smoke, add the steak. Cook until seared, about 3-5 minutes, then flip and add the butter and rosemary (if using) to the pan. Baste the steak with the butter and cook another 3-5 minutes.
2. Place the skillet in the oven and cook until your steak is your desired temperature, about 3 minutes for rare, about 5 minutes for medium.
3. Top tip: Check the temperature of your steak before transferring to the oven to see how far you are from your perfect steak temperature.
4. Remove the steak from the pan and let rest for 3-5 minutes before slicing and serving.

TIP FROM OUR EXECUTIVE CHEF

What temperature am I looking for?

VERY RARE/RARE: 120-125°F

MEDIUM RARE: 125-130°F

MEDIUM: 135-140°F

MEDIUM WELL: 145-150°F

WELL DONE: 160°F AND ABOVE

KING CRAB *Legs*

STEAMED KING CRAB LEGS COOKING INSTRUCTIONS

1. Place two cups of water in a pot. Cut a fresh lemon in half and squeeze the juice into water. Add the lemon halves to the water - this will create extra flavor for the steam to cook the King Crab Legs.
2. Place the King Crab Legs on a rack or colander over the simmering water (where there is visible steam). Cover with a lid and cook for 6-10 minutes, or until the crab is heated through.
3. Serve with fresh lemon wedges, or melted butter for dipping.

BOILED KING CRAB LEGS COOKING INSTRUCTIONS

1. Fill a large pot half-full with water and bring to a boil. Add 1 tbsp salt, stir to dissolve, and continue to maintain over a medium heat.
2. Add crab legs to the pot (the water should cover the crab legs entirely) and lower temperature to a medium heat. Allow to simmer for approx. 6 minutes.
3. Remove crab legs and serve with fresh lemon wedges, or melted butter for dipping.

TIP FROM OUR EXECUTIVE CHEF

How do I know when the King Crab Legs are cooked?

Pay attention to the smell in your kitchen! The crab legs will fill the air with a delicious aroma of cooked crab. The meat is cooked when fully heated through.

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LOBSTER *Tails*

BOILED LOBSTER TAIL COOKING INSTRUCTIONS

1. In a large pot place 2 quarts of water and 2 oz of butter, bring to a boil on the stove. Add 1 tbsp of salt to the water and stir to dissolve.
2. Carefully add the lobster tails to the pot, the water should cover the lobster tails.
3. Cook until the meat is a pink-white color and the shells are red, about one minute per ounce.
4. Drain and allow to cool slightly, before opening the shell and removing the lobster meat.
5. Lobster is delicious served with fresh lemon wedges, chopped herbs, or melted butter for dipping.

BAKED LOBSTER TAIL COOKING INSTRUCTIONS

1. Preheat oven to 425°F.
2. Prepare the lobster tails by splitting them in half with kitchen scissors, or cutting the top of the shell down the center and placing the flesh on the top of the shell for a Sullivan's-style presentation.
3. Place lobster tails in a baking dish with a small amount of water or white wine (1 tbsp) and place dish in the oven. The liquid will help to gently steam the lobster giving a tender texture.
4. Cook lobster tails for approx. 1-2 minutes per ounce. The lobster meat should turn from a translucent color to a pink-white color.
5. Serve with fresh lemon wedges, herbs, or melted butter for dipping.

TIP FROM OUR EXECUTIVE CHEF

How do I know when my lobster is done cooking?

The best way to check the doneness of a lobster tail is to use a cooking thermometer and insert into the thickest part of the tail. When the internal temperature reaches between 140°F -145°F the lobster is ready to eat. Visually, the dark shell will turn bright red, and the lobster meat will turn a pink-white color that is firm to the touch.