

Ideation Foods

Concept and Product Development

Surf and Turf, Chef Adam Navidi

Category: Entrée

Serves 12

Ingredients

- 1 1/2 lb. rib eye, Kobe beef or prime grade, well trimmed, wrapped, frozen
- 1 1/2 lb. Dungeness crab Meat
- Louie dressing (recipe follows)
- 6 each large ripe Fresh Hass Avocados, cut in half, peeled and seeded*
- Confetti vegetables (recipe follows)
- 4 1/2 oz. rainbow micro greens
- Toasted cumin seed oil (recipe follows)
- 1 1/2 oz. sea salt
- **Louie Dressing**
- Yield: 1 1/3 cup
- 4 oz. mayonnaise
- 1/2 tsp sriracha chili sauce
- 3 Tbsp. cocktail sauce
- 4 tsp. brandy
- 2 tsp. fresh chives, minced
- 2 tsp. lemon juice
- Salt and pepper, add to season to taste
- **Confetti Vegetables**
- Yield: 5/8 cup
- 1/4 each red bell pepper, 1/8" dice
- 1/4 each yellow bell pepper, 1/8" dice
- 1 1/2 Tbsp. shallot, finely minced
- 3/4 tsp. chives, finely chopped
- **Toasted Cumin Seed Oil**
- Yield: 3 oz.
- 3 Tbsp. cumin seeds
- 3 oz. canola oil

* A large avocado weights about 8 oz. as purchased

Instructions

1. **Louie Dressing Preparation**
2. In a small bowl whisk together all ingredients to form the sauce. Refrigerate until needed.
3. **Confetti Vegetables Preparation**
4. Mix all vegetables together and refrigerate until needed.
5. **Toasted Cumin Seed Oil Preparation**
6. Toast cumin seeds over low heat until the fragrance begins to release.

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7. Placed toasted cumin seeds and canola oil in a blender and puree for 1 minute. Cool.
8. Strain through a fine strainer, reserve oil, discard pureed seeds.
9. **Per order:**
10. Slice frozen beef thinly. Use 4 each 1/2 oz. slices per plate. Cover the meat on the plate with plastic wrap and press into a circular shape. Refrigerate. As ready for service remove plastic wrap.
11. Slice one half Hass Avocado thinly, lengthwise. Spread in center of the plate to form a bowl shape.
12. Mix 2 oz. crab with 1 1/2 Tbsp. Louie dressing. Place in center of the “avocado bowl”.
13. Sprinkle 2 tsp. confetti vegetables and 1/3 oz. rainbow micro greens around the plate. Sprinkle with sea salt and drizzle with 1 1/2 tsp. toasted cumin oil.