



DEAN BANKS

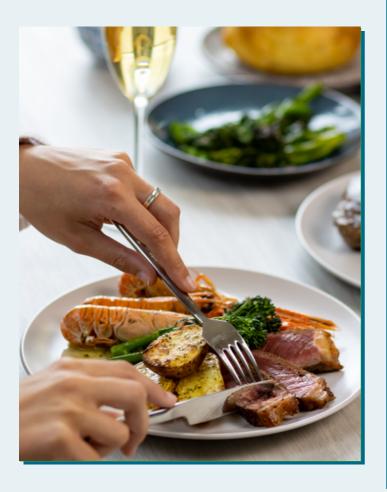
STEAK & LANGOUSTINE BOX



BOX CONTENTS & ALLERGENS

Items:

- Fresh Corn & Sunflower Seed Loaf
- Oak Smoked Langoustines
- · Miso Butter
- 500g Sirloin Steak
- · Tenderstem Broccoli
- Seaweed Potatoes
- Steak Seasoning
- · Veg Seasoning
- Butter



Corn & Sunflower Seed Coblet

Maize Flour, Maize Semolina, Wheat Flour *(GLUTEN)*, Sunflower Seeds, Salt, Rapeseed Oil, Palm Oil (RSPO), Spices, Ascorbic Acid

Oak Smoked Langoustines

Smoked Langoustines (CRUSTACEAN)

Miso Butter

Unsalted Butter (MILK), Coriander, Rice Wine Vinegar (SULPHITES), Dry Wakame, Sea Salt, Mirin: Glucose Syrup, Water, Spirit Vinegar (SULPHITES), Fermented Rice Alcohol (SULPHITES), Sugar, Acidity Regulator: Citric Acid, Cane Molasses, Miso Paste: Water, Soyabean (SOYA), Rice, Salt, Alcohol

Sirloin Steak

Scottish Grass Fed Beef

Steak Seasoning

Fennel Seeds, Black Peppercorn, Coriander Seeds, Szechuan Pepper, Maldon Sea Salt, Fine Sea Salt

Butter Portion

Unsalted Butter (MILK)

Vegetable Seasoning

Smoked Chilli, Maldon Sea Salt, Fine Sea Salt

Broccoli

Broccoli

Whole Dressed Lobster (Optional Course)

Lobster (CRUSTACEANS), Unsalted Butter (MILK)

Mirin Butter (Optional Course)

Unsalted Butter *(MILK)*, Chives, Dill, Tarragon, Rice Wine Vinegar *(SULPHITES)*, Dry Wakame, Sea Salt, Mirin: Glucose Syrup, Water, Spirit Vinegar *(SULPHITES)*, Fermented Rice Alcohol *(SULPHITES)*, Sugar, Acidity Regulator: Citric Acid, Cane Molasses

STEAK & LANGOUSTINE BOX

HAAR

METHOD: STARTER & MAIN

- ·Preheat oven to 200c/180c fan/gas 6.
- ·Spread the langoustines in an even layer on a tray; bake for 4-6mins or until piping hot throughout.
- ·Warm through your loaf of bread for 5mins.
- ·In a small pan, measure 2tbsp water and bring to a simmer. Add the miso butter and whisk over medium heat. Once it is melted it is ready to serve on the side.
- ·Plate your langoustines with the miso butter and warm bread on the side & enjoy!
- •Remove steak from fridge; remove from bag & pat dry. Leave to sit at room temperature for 15-20mins.
- ·Preheat oven to 200c/180c fan/gas 6.
- ·Remove potatoes from bag, place onto a tray and roast in the oven at 200c for 30mins.
- ·Place a frying pan on a high heat and pour in 3tbsp of neutral oil (e.g. veg, sunflower, rapeseed oil).
- ·Season steak with seasoning mix provided to taste.
- ·When pan is smoking hot, place steak in pan and push down slightly so that the meat is in full contact with the pan. Sear until golden on one side, then turn over. Now, remove butter from the package and place it into the pan. Let the butter melt and begin to foam, then baste the steak using a dessert spoon for Imin with the foaming butter.
- ·Remove steak from pan and place on an oven tray save steak pan for next steps.
- ·Cook in oven: 6mins for rare, 8-10mins for medium rare, 12-14mins for medium, 16-18mins for medium well, 26mins for well done.
- Remove from oven and cover with tin foil or a bowl. Allow it to rest for 10mins. Slice thinly and serve. (Follow instructions on video link on website to see how Dean recommends to prepare your steak.)
- ·Place seasonal greens under cold running water to rinse. Cut the bottom 1/4 of the greens and discard. Place the steak frying pan on high heat and drizzle with oil; place seasonal greens into the pan and sear on one side for 3mins. Remove from heat and leave to cool slightly in pan. Season with veg seasoning to taste.
- ·Pour XO sauce into a small pot and heat until piping hot. Serve in a small jug or bowl on the side.
- ·Serve your dry-aged steak with seasonal greens and seaweed potatoes enjoy!





STEAK & LANGOUSTINE BOX



METHOD: DRESSED LOBSTER (OPTIONAL COURSE)

·Preheat oven to 200c/180c fan/gas 6.

•Remove lobster from plastic bag and heat in oven for 10-12mins. Use a spoon to lift meat to feel if lobster is piping hot.

·Place a small pan on a medium heat with 2tbsp of water. When water starts to simmer add in the mirin butter sauce and whisk until fully melted. Serve warm.

·Remove lobster from oven and cover both sides in the sauce and serve.





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