

## **Sundance The Steakhouse**

### **The Butcher Box Recipe Instructions**

Thank you for your Butcher Box purchase. We aim to provide you with a Sundance experience in the comfort of your own home at near grocery store prices. Grill it up and enjoy.

We are commitment in providing you with a safe and easy to use Butcher Box of selected items from our menu. Below are some recommendations on how to prepare that perfect steak, a classic baked potato & our medley of steamed vegetables.

## **PRIME STEAKS**

Many of you are grill masters, however, here are some tips from Sundance.

Allow your steak to come to room temperature, at least 20 mins. Meat is not meant to be cooked from ice cold straight out of your fridge. This is an important step that is not to be skipped.

Prepare your grill with medium heat. Season your steak with black pepper and salt. We use Kosher Salt at Sundance. Oil your grill and place the steak on it. Grill for three minutes and then turn the steak 90 degrees. Cook for another 2 minutes without moving. This will give you beautiful grill marks. It is also the art of quadrillage, a French culinary term. After the 2 minutes flip, your steak and cook 2 minutes on the other side, then turn your steak 90 degrees. After one minute it is time to start “temping” your steak. Many factors go into the cooking time of a steak. The thickness, the heat of the grill, the temperature the steak was before it went on the grill. Check your steak with a thermometer and remove the steak when it reaches your ideal temperature. Medium rare steaks usually take 7 to 10 minutes to reach 127 degrees. Keep in mind during resting, the temperature will rise a couple of degrees. Rest your steak 4-6 minutes to allow the internal juices to settle. Remember, you can always add more heat, however you cannot take it away. Error on the side of undercooking a little than overcooking. To finish, top your steak with your softened Herbed Steak Butter and Enjoy!

Rare: 120-123 degrees F / Medium Rare: 127-133 degrees F / Medium: 138-142 degrees F

Medium Well: 148-152 degrees F / Well Done: 156 degrees F or above

## **KING SALMON**

King Salmon is generally considered to be the richest and most flavorful of all salmon species. Simple treatments are best to bring out all the subtleties this salmon has to offer. The King Salmon's high oil content serves it well on an outdoor grill. First cover your salmon with a little grapeseed or neutral oil. Sprinkle with your favorite seasoning. We use Lawry's Seasoned Salt however Bay Seasoning or just Kosher Salt works too. Place your salmon on a preheated grill, skin side up and cook salmon for 6 to 8 minutes per side, or until the fish flakes easily with a fork. At 130 degrees your Salmon will be done and will continue to cook a little when it rests. Your salmon is accompanied with our house made Dill Caper Sauce and Lemon for your enjoyment.

## **WILD ALASKAN HALIBUT**

Alaskan Halibut season has officially started. This beautiful, white, flaky fish is best cooked on a well-oiled outdoor barbecue grill or baked in the oven. Our Halibut is wild caught and fresh.

Recipe for the grill:

- Preheat your outdoor grill to Medium High.
- Cover your Halibut with grapeseed oil or a neutral oil. Season with Lawry's season salt which is provided. Kosher salt and pepper or Bay Seasoning work well if you prefer.
- Place Halibut on a well-oiled grill. After three minutes, rotate 90 degrees and cook for another three minutes. This will give you nice grill marks.
- Flip your Halibut to the other side of your grill and turn down the heat to Medium Low. Temp your Halibut until you can easily flake it with a fork, about 5 more minutes. Internal temperature should register around 130 degrees.
- Remove from heat and let rest. It will continue to cook so pulling it early is fine. Halibut can easily be overcooked, so this step is important.
- If you'd like, you can brush it with some melted butter and sprinkle it with any leftover Lawry's season salt and parsley flakes for a nice presentation.
- Enjoy with the provided Roasted Red Bell Pepper Aioli and Lemon.

Receipt for the oven:

- Preheat oven to 400°F.
- Coat your Halibut with grapeseed oil or a neutral oil. Season with Lawry's season salt which is provided. Kosher salt and pepper or Bay Seasoning work well if you prefer.
- Place fish on rimmed baking sheet or shallow baking dish. Use baking spray to prevent the fish from sticking.
- Bake 15 to 20 min. or until fish flakes easily with fork. Internal temperature will be around 130 degrees. The thickness of your Halibut can affect the time significantly so keep an eye on it.
- Once cooked, pull from oven, brush with melted butter and sprinkle it with any leftover Lawry's season salt and parsley flakes for a nice presentation.
- Enjoy with the provided Roasted Red Bell Pepper Aioli and Lemon.

## **SURF & TURF JUMBO PRAWNS**

Complete your steak eating experience with these beautiful Jumbo Gulf Prawns. Season with a little neutral oil, salt and pepper. Grill for approximately three minutes on each side until they turn pink in color. Once cooked, brush with melted butter and serve with fresh lemon. Try skewering them with a bamboo spear for easy flipping. You can also sauté them on your stove top using the same technique.

## **WESTERN AUSTRALIAN LOBSTER TAIL**

At Sundance, we served exclusively Western Australian Lobster Tail. It is 8 ounces and is considered the best lobster in the World. It's caught in the cold waters off the Western coast of Australia. The cold-water habitat produces a rich and flavorful lobster eating experience. A true epicurean delicacy that requires very little effort to make. We recommend the following cooking techniques.

### **STEAMED LOBSTER TAIL**

- Bring a pot of water to a boil.
- Place lobster tail with the shell in a steamer insert.
- Suspend the steamer insert over the boiling water without submerging it in the water. The same way that you would steam vegetables.
- Cover and steam for 5 to 6 minutes. Basically 45 seconds per ounce.
- The best way to know when the lobster is done cooking is to insert an instant read thermometer in the thickest part of the tail. When the internal temperature reaches between 135 to 140°F the lobster is ready to eat.
- Brush with melted butter and sprinkle with Lawry's season salt and chopped parsley.
- Use the provided drawn butter for dipping along with a squeeze of lemon.

### **BAKED LOBSTER TAIL**

- Set the oven rack to the middle position and preheat to 425°F.
- Brush the lobster with melted butter, and season with Lawry's season salt. You can simply use salt, pepper, and paprika if desired.
- Place lobster tails in a baking dish, then add just enough water or wine to cover the bottom of the pan, about  $\frac{1}{2}$  cup.
- Bake until the flesh is firm and pinkish-white, about 15 to 20 minutes. Basically 2 to 3 minutes per ounce.
- The best way to know when the lobster is done cooking is to insert an instant read thermometer in the thickest part of the tail. When the internal temperature reaches between 135 to 140°F the lobster is ready to eat.
- Brush with melted butter and sprinkle with Lawry's season salt and chopped parsley.
- Use the provided drawn butter for dipping along with a squeeze of lemon.

## **SUNDANCE SOUPS, MASHED POTATOES & CREAMED SPINACH**

### **\* REHEATING INSTRUCTIONS \***

Your side dishes are served in microwavable containers for your convenience. Before reheating, crack the lid for ventilation. Simply microwave for 2 and a half minutes at 35 percent power. Take out and stir. Cook for another 2 minutes at 35 percent power. You may need to add another minute or two for your liking. Additionally, you can reheat on your stovetop with a saucepan and stir frequently. For both methods, a temperature of **165 degrees** must be achieved before serving.

# WAGYU “KOBE” CHEESEBURGER KIT FOR TWO

## Ingredients

- One pound of Ground Wagyu Beef
- Two Brioche Buns
- Lettuce, Tomato, Red Onion
- Choice of Cheeses
- Ketchup & Sundance Louis Sauce
- Salt & Pepper or other seasoning from your pantry

**How To Cook Your Wagyu Burgers – For best results form your patties when the beef is cold out of the refrigerator & grill them when they reach room temperature.**

- Form two 8 oz. patties. Season with your favorite seasoning.
- Heat your grill to the lower side of Medium. Your burgers are made with ground Wagyu Beef that has a high fat content. This high fat content is the essence of Wagyu Beef. Cooking them **“SLOW AND LOW”** prevents flare ups.
- Put your **“Room Temperature”** burgers on the grill for three minutes. Turn 90 degrees and cook for two minutes more. If you are experiencing some flare ups, turn down the heat a little. Flip your burgers and repeat. Move the burgers to a cooler side of the grill for temping. Add your cheese for melting halfway through temping. You may need to cover your grill to allow the melting to occur.
- Using a digital probe thermometer, temper your burger to the desired temperature you prefer. Refer to the temperature guidelines listed in the prime steak recipe section.
- Once your desired temperature is met, take the burgers off for resting. They will continue to cook so pulling them off a little early is suggested.

## Assemble your Wagyu Burgers

- While the cheese is melting on your burgers, lightly butter your buns for toasting. We recommend “Broiling” them in your oven to achieve this. Keep your eye on it. They toast up quickly! You can also use your stove top with a sauté pan for a “griddled affect”.
- Assemble your burgers the way you like with all the fixings.
- Additional topping you may want to cook on your own are sautéed mushrooms, caramelized onions to make an “onion jam”, bacon or even a fried egg.

# FILET MIGNON SPRING ROLLS

Our Filet Mignon Spring Rolls are one of the most popular appetizers we serve at Sundance. Best way to cook them is using a deep fat fryer which most of you do not have, however we have experimented with simply “pan frying” them in a sauté pan with grapeseed oil or vegetable oil. Preheat your sauté pan to medium to medium high with two to three tablespoons of oil. Once heated, add the spring rolls. Turn frequently to achieve the toasty, light brown color you desire. Once cooked, let them rest for a couple of minutes on a paper towel lined plate to remove any excess oil. Serve with the provided Soy Sesame Ginger Dipping Sauce.

## **OVEN BAKED POTATOES**

### **Ingredients**

- Russet Potato
- Olive oil – from your pantry
- Kosher Salt – from your pantry

### **How To Cook A Baked Potato**

- Preheat the oven to 375 degrees.
- Wash the potatoes and dry them with paper towels.
- Prick the potatoes 2 times with the fork to make holes for the steam to escape.
- Rub the potatoes with a little olive oil and sprinkle with Kosher salt.
- Put the potatoes in the oven on a foil lined baking sheet and bake for 45 to 60 minutes.
- If you can easily slide a knife through the middle of the potato, they are done.
- You can hold your potatoes in a warmed oven or warming drawer for up to 30 minutes.

Before eating split the potato with a knife, pinch it open and top with your selected toppings. Yum! Nothing better than a baked potato with your steak – seriously!

## **BROCCOLI & CARROT KIT**

### **Ingredients**

- Broccoli & Slivered Carrots
- Granulated Chicken Stock
- Kosher Salt & Pepper – from your pantry
- Butter

### **Instructions How To Make Your Broccoli & Carrot Kit**

- Place 2 to 3 inches of water, the granulated chicken stock in a large saucepan; bring to boil.
- In a steamer insert, add your broccoli & carrots and steam over boiling water until tender, about 7 to 9 minutes depending on your taste. We like our vegetables at Sundance “al dente” which allows you to hold them warm without over cooking.
- Strain over your sink using the seasoned water. Put back into large saucepan and add butter, Kosher salt, pepper and cover.
- When ready to serve, gentle toss & plate with your steak and potato.

## **ARTISAN BREAD ROLLS**

Your bread rolls are very easy to prepare. They work best if they are frozen before cooking. Simply preheat your oven to 410 degrees and cook on a baking sheet for 6 minutes. They come out piping hot ready to be lathered with butter!