

DOC NO. 04 · RECIPE PACK

Ribeye + Surf

The two recipes that justify the rest of the week — Saturday's bone-in ribeye and Sunday's lobster-and-shrimp finish.

04

DOC HUB

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PROTOCOL

High-Protein · Low-Carb

EDITION

01



THE WEEKEND FINISH

Ribeye Saturday. Surf Sunday.

The week works because the weekend is unmistakable. Saturday earns the bone-in ribeye — the most flavorful cut on the steer. Sunday closes with lobster tail and shrimp — the most graceful protein on the table.

SATURDAY · RECIPE 01

The Cast-Iron Ribeye

28 minutes · bone-in · butter-basted

PROTEIN 68g

CALORIES 720

NET CARB 6g

FAT 52g

INGREDIENTS

- 12 oz bone-in ribeye, 1¼ inches thick, room temperature 45 minutes
- 1 tbsp tallow or ghee (high smoke point)
- 3 tbsp grass-fed butter, cold
- 4 cloves garlic, smashed
- 2 sprigs fresh rosemary or thyme
- Coarse salt, cracked pepper, flake salt for finishing
- 1 lb broccoli crowns, charred

METHOD

- 01** Pat the steak completely dry. Season aggressively with coarse salt 40 minutes ahead.
- 02** Heat cast iron over high heat until tallow is just shy of smoking.
- 03** Lay the steak in away from you; press down for 2 seconds; do not move it for 3 minutes.
- 04** Flip with tongs; immediately add butter, garlic, and rosemary.
- 05** Tilt the pan; baste constantly with foaming butter for 2½ minutes — internal 125°F for medium-rare.
- 06** Stand the steak on its fat cap for 30 seconds to render.
- 07** Move to a wire rack; rest 8 minutes — non-negotiable.
- 08** Char broccoli in the same pan: high heat, 4 minutes, salt, lemon.
- 09** Slice ribeye against the grain; finish with flake salt; serve immediately.

"Salt early. Sear hot. Baste with butter. Rest twice as long as you think. A great steak is mostly patience."

SUNDAY · RECIPE 02

Lobster Tail + Garlic Shrimp

22 minutes · butter-poached · the surf finish

PROTEIN 68g

CALORIES 480

NET CARB 7g

FAT 20g

INGREDIENTS

- 1 lobster tail (4–5 oz), shell-on
- 6 oz shrimp (16/20 ct), peeled and deveined, tails on
- 4 tbsp butter
- 4 cloves garlic, finely minced
- 1 lemon (zest + juice)
- Pinch of red-pepper flakes
- Flat-leaf parsley, chopped
- 1 lb broccoli, garlic-sautéed
- Salt, pepper

METHOD

- 01** Split the lobster tail down the back with kitchen shears; lift the meat free of the shell, leaving it attached at the base. Rest the meat on top of the shell.
- 02** In a small saucepan, melt butter with garlic over very low heat — 4 minutes, never browning.
- 03** Heat broiler. Brush lobster with half the garlic butter; broil 8 inches from heat, 6–8 minutes until opaque and just beginning to brown.
- 04** Sauté broccoli in olive oil with two cloves of garlic, 5 minutes; salt to taste; reserve.
- 05** Heat remaining garlic butter in a skillet over medium heat. Add shrimp in a single layer; pepper flakes; salt.
- 06** Cook shrimp 90 seconds per side — pull as soon as they curl into Cs. Overcooked shrimp are inedible.
- 07** Plate broccoli, lobster, then shrimp. Pour the pan butter over the top.
- 08** Finish with lemon zest, lemon juice, and a confetti of parsley.

THE SOURCING NOTE

Buy the right thing once.

Ribeye. Bone-in, dry-aged 21+ days when the budget allows, USDA Prime or grass-fed. NEPA cattle from Wyoming County or a butcher who can name the farm.

Lobster. Maine cold-water tail. Frozen-at-sea is fresher than 'fresh' that's been on ice for a week. Avoid warm-water tails — they're rubbery.

Shrimp. Wild Gulf white, 16/20 count, IQF (individually quick frozen). Skip imported farm-raised; the feed and water sources are not what you want.

Broccoli. Crowns, not florets in a bag. Tight, deep-green heads with a faint bloom. Stem should snap, not bend.

Avocado. Hass, dark and barely yielding to thumb pressure at the stem end. Buy a few stages of ripeness.