

FATHER'S DAY OYSTER BED SURF AND TURF DINNER



We're celebrating all the dads we know and love this Father's Day with a delicious Oyster Bed Surf and Turf dinner of Shrimp Scampi and rosemary-garlic rubbed, Bone-In Rib Eye. I know your dad will go crazy for my buttery Shrimp Scampi cooked in The Oyster Bed [Le Grande](#) and succulent Rib Eye cooked on the [Steak Bed](#).



For the Steaks:

Rub 2 large rib eye steaks generously with a mixture of 4 tablespoons fresh minced garlic, 2 tablespoons chopped rosemary, 2 tablespoons extra virgin olive oil, and 2 tablespoons, *The Jelly Queens* Rosemary Salt. You can substitute kosher or sea salt. The recipe is good for two, 1 inch thick bone-in Rib Eyes.

Place the Steak Bed Tray on the top rack of the grill to heat while searing the steaks. On a preheated, 400 degree grill, sear first side of the steak for 4 minutes, turn and sear the other side for 3-4 minutes then finish cooking on the top rack of the grill on the *Steak Bed Tray*. Cook until meat thermometer reads 130 – 140 degrees for a perfect medium rare steak. I pile both steaks on top

of each other so the top one is cooked rare and the bottom steak is cooked medium rare and while the steaks are cooking, there is room for the scampi to cook on the bottom rack.

I love being an Ambassador for [The Oyster Bed Company](#) because of the craftsmanship and versatility of their products, they are also some of the nicest people you will ever meet! Just in time for the foodie father in your life, today through Father's Day they are offering a 20% off all merchandise in their online store – just use code “Dad” at checkout!

Hop on over to The [Oyster Bed Company](#) for this very special Father's Day Sale and don't forget to print my recipe and treat your dad to this amazing meal!



*Food and Photo by
At Home with Rebecca*

Rebecka's Shrimp Scampi

2018-06-09 14:08:02



Serves 4

My buttery Shrimp Scampi is grilled to perfection in the Le Grande Oyster Bed Tray

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Ingredients

1. 2 1/2 pounds (16-20 per pound) shrimp, peeled deveined
2. 1/2 teaspoon baking soda
3. 1 tablespoon kosher or sea salt, plus more to taste
4. 4 medium cloves of garlic, minced
5. 1/2 cup salted butter
6. 1/4 cup olive oil
7. zest and juice from 1 lemon
8. 1/4 cup fine chopped red and yellow sweet peppers
9. 1/4 cup fresh chopped parsley
10. 2 tablespoons fresh cracked, black pepper
11. 1 small bunch fresh dill for garnish

Instructions

1. Combine the shrimp, baking soda in a medium bowl and toss to coat. Refrigerate for 15 minutes to 1 hour
2. Meanwhile, in a medium sauce pan combine, garlic, butter, olive oil, zest and juice from 1 lemon, chopped peppers, and parsley. Cook over medium heat for 5 minutes or until mixture is melted. Allow mixture to cool slightly then pour over shrimp, and toss to combine. Rest shrimp in marinade for 5 minutes.

3. Heat grill to 400.
4. Spoon 2-3 tablespoons shrimp mixture into each well of the Le Grande. Place the tray on the heated grill and close the lid. Cook covered for 5 minutes. Uncover and check shrimp for doneness. Cook additional 1-3 minutes if necessary. Garnish with dill and serve immediately

Notes

1. A quick brine of salt and baking soda helps keep the shrimp stay moist as they cook, while alkaline baking soda delivers a crisp, firm texture
2. Serve Shrimp Scampi with toasty bread, cooked pasta or over a bed of lettuce. ENJOY!

By Rebecka Evans

At Home with Rebecka <http://athomewithrebecka.com/>



CHILI-LIME TUNA CAKES RECIPE

Chili-Lime Tuna Cakes

Ketogenic – Low Carbohydrate Recipe served

with chopped salad and *Mezzetta Pepperoncini*



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I have found great success for weight loss by following low carbohydrate and ketogenic diets most of my adult life. Where I struggle is staying fast to the diet for

long periods of time. Inevitably, once I reach my goal weight, and I always do, I find myself falling back into old eating patterns and gaining weight. It's important when choosing a low carb lifestyle to stay committed to it for a lifetime but allow for a few cheats along the way in order to keep from backsliding into carbohydrate oblivion. I love eating low carb or ketogenic because it works, I get full, and I don't crave for sweets and grains after the third week.

I use a iPhone app called CarbManager that tracks my carbohydrates each day. You can also find MyFitness app that has a recipe builder and a bar scanner feature to be really exact with your daily carb information. I allow for 30 grams of carbs per day and can lose about 1 pound a week during my goal setting phase, if I stay on the plan. Once I've reach my goal weight, I bump my carb intake to under 60 per day to maintain my weight loss.

I recently started eating low carb-ketogenic January 22, 2018, after going crazy on carbs and eating junk food for several years, I weighed in at 188 pounds, the most I've weighed in my lifetime. I felt terrible, hated they way I looked and felt in my clothes. I've lost 23 pounds and still cheated ... a LOT and I feel great!

Wrapping your brain around eating foods high in fat and protein can be difficult if you've spent a lifetime counting calories. There are hundreds of new studies that confirm that eating low carb diets are changing the face

of cancer and obesity Worldwide as well as, curing children and adults with autism, epilepsy, diabetes, and heart disease.

One such study has been chronicled in a Netflix original movie called *The Magic Pill*.

Could the 'magic pill' to the chronic disease epidemic be... food?

What if most of our modern diseases are really just symptoms of the same problem? *The Magic Pill* follows doctors, patients, scientists, chefs, farmers and journalists from around the globe who are combating illness through a paradigm shift in eating. And this simple change – embracing fat as our main fuel – is showing profound promise in improving the health of people, animals and the planet.

The great new movie *The Magic Pill*, featuring plenty of familiar [low-carb](#) faces including the diet doctor Andreas Eenfeldt, MD, is now available on [Netflix](#) in the US, Canada, UK, Australia and New Zealand. You can watch the trailer below.



[Johnny Appleton](#) is one of the best © Ketogenic Diet Resources I have found online. The website is chock full of information that helps to decide how to set your goals for low carb and ketogenic eating as well as, recommended fats and snack ideas. There are many resources to choose from when considering such a big lifestyle change, be sure to do your research and talk to your doctor.

My dad taught me how to make Tuna Patties when I was a kid and we still eat them to this day however, his recipe uses saltines crackers in place of the pork rinds. Adding the pork rinds yields a great depth of flavor and low carb option for one of my favorite childhood meals, its delicious either way!



Chili Lime Tuna Cakes Ketogenic Recipe

2018-05-17 17:39:25



Serves 1

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Prep Time

5 min

Cook Time

8 min

Prep Time

5 min

Cook Time

8 min

Ingredients

1. 1 5 ounce can premium Albacore tuna in water
2. 1 large egg, slightly beaten
3. 1 cup crushed Chili Lime Flavored Chicharrones (Pork Rinds)
4. 1/4 cup sliced Peperoncini with juice
5. 2 tablespoons butter

Instructions

1. Mix tuna, egg, and crushed pork rinds in a small bowl until well combined
2. Heat non stick pan over medium high and melt butter
3. Form tuna mixture into 3-4 patties and sauté on one side for 2-4 minutes. Flip over and sauté another 3-4 minutes until tuna cakes are golden brown
4. Drizzle cakes with Peperoncini juice and serve warm

Notes

1. Serve with chopped salad, sliced avocado, and lemon wedges
2. The Tuna Cakes have virtually 0 carbs.

By Rebecka Evans

Adapted from My Dads Tuna Patty recipe

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