



## Tournedos steak, asparagus charlotte and Lutosa Soufflé Potatoes

### Ingredients (for 4 people)

- 4 pieces of fillet steak (tournedos)
- 1 kg Lutosa Soufflé Potatoes
- 16 white asparagus spears
- 16 green asparagus spears
- 4 onions
- 5 dl red wine
- 3 dl balsamic vinegar
- 250 g sugar
- green part of a leek
- bunch of coriander
- dash of olive oil
- salt and pepper
- 50 g butter

### Preparation

Peel the asparagus. Peel the onions and cut them into thin slices. Put the red wine, vinegar and sugar in a saucepan over a high heat. Add the onions and bring to the boil. Allow to simmer over a low heat for 30 minutes.

Cook the asparagus spears in a little chicken stock brought to the boil.

Take them out when half done. Use the boiling stock to blanch the green leek leaves. Cook the meat to your taste with a little butter in a frying pan over a high heat. In another pan, toss the asparagus in a little olive oil. It should stay "al dente". Season to taste. Take the frozen Lutosa Soufflé Potatoes and deep-fry them first in oil at 180°C for 2 minutes, stirring gently. Remove them from the oil and leave to rest for 2 minutes. Put them back in the oil, stirring again until they swell up. Remove from the pan, drain and add salt. To serve, place the onions in balsamic vinegar in the middle of the plate. Put the steak on top of the onions and surround the meat with a crown of asparagus, alternating green and white spears. Attach the asparagus crown using a strip of leek. Reheat the onion gravy, stir in a good knob of butter and top the dish with it. Decorate the meat with a few onions. Serve the Soufflé Potatoes separately or on the plate and garnish with the coriander.

