

# Tournedos with raisins

Preparation :  
**30 minutes**

Cooking time :  
**20 minutes**

Difficulty :  
**Average**



**SERVES 6**



## INGREDIENTS

- 6 tournedos steaks (about 200 g each)
- 200 g of soft dried raisins
- 500 g of artichoke hearts
- 1 bunch of young carrots
- 1 bunch of green asparagus
- 10 cl wine vinegar
- 3 dessert spoons of liquid honey
- 30 g of butter
- 2 dessert spoons of groundnut oil
- salt and ground pepper

## PREPARATION

Put the raisins into a bowl and cover with warm water. Leave to soak for 15 minutes. Prepare and steam the vegetables for 10 minutes. Put the oil and butter into a large frying pan and heat over a medium flame.

Brown the tournedos in this mixture – roughly five minutes on each side. Remove them from the pan and wrap them in aluminium foil to keep them warm. Place the frying pan over a high flame, deglaze with the vinegar and scraping the surface of the pan with a wooden spoon.

Add the honey, drained raisins and salt and pepper. When the mixture has obtained a syrupy consistency, pour the sauce onto plates and divide out the vegetables and the tournedos. Serve immediately.



*Raisins also come from specific grape varieties. They may be Turkish, Greek or Chilean in origin.*