

Fancy some beef?

Saddle steak from Natura-Beef with fresh asparagus



Treat yourself to a gourmet menu with quality products: finest saddle steak from Natura-Beef with fresh green asparagus from the region. Bon appetit!



Ingredients for 4 persons

- 4 saddle steaks from Natura-Beef approx. 180g each)
- Meat seasoning
- 1 tbsp cooking butter
- 1 kg fresh green asparagus
- 1 lemon
- 50g butter
- Salt
- Pepper
- Lemon butter

For the lemon butter

- 100g soft butter
- ½ lemon, zest and juice
- ½ tsp curcuma
- Salt
- Pepper

Preparation lemon butter

Cream butter using a mixer. Grate the lemon zest and squeeze out the juice. Mix into the butter and season well. Pour into a piping bag, pipe rosettes on baking paper and leave to cool.

Preparation of saddle steaks and asparagus

Peel the bottom third of the asparagus and cut away the woody end. Bring sufficient water to the boil in a wide pan. Halve the lemon and add it with the butter, salt the water. Add the asparagus and cook until just below boiling point (approx 15-20 minutes).

Season the steaks and sear well on both sides in the hot butter for 1 minute each side, remove and place on a preheated plate. Cook in a preheated oven at 80 degrees for about 25 minutes. In the last 2 minutes, increase the temperature to 200 degrees, so that the meat is well heated.

Arrange the asparagus and steaks in portions on plates and add some lemon butter on the meat. Sprinkle the asparagus with some freshly ground pepper and serve immediately.

Goes well with potato gratin or boiled potatoes.

Source image and recipe: Kathrins Natura-Beef Fleischküche. Available in the webshop of Suckler Cow Switzerland.