

# Beef, Mushroom, and Asparagus Soup with Pasta

Boeuf, Champignon, aux Asperges Soupe avec Milannaise

## KLJ Gourmet

Serves 4 – as the 3<sup>rd</sup> course

½ lb of Shoulder steak, 'London Broil' cut

4 Portabella Caps

20 thin stalks Asparagus

½ lb Mostaccioli Pasta

2 medium carrots

1 parsnip

2 stalks celery

1 large shallot

1 lime, juice of

3 cloves garlic

3-4 leaves fresh Sorrel

1c French red wine (Bordeaux)

¾c Extra Virgin Olive Oil (EVOO)

½ stick salted butter

5c water (filtered, Perrier, or tap)

½ tsp dried Tarragon

¼ tsp Cinnamon

¼ tsp Cardamom

¼ tsp Cayenne pepper

¼ tsp Roasted red pepper flakes

Kosher salt

Fresh ground black pepper

**\*\*Served from leftovers of Moroccan London Broil in Bordelaise sauce with sautéed Asparagus in lemon butter sauce\*\***

Wash and trim carrots, celery & asparagus.

Clean mushrooms with dry cloth, wiping from center of cap to end- removing dirt.

Mince garlic & shallots, set aside.

Create mirepoix

Cube mushrooms.

Cut asparagus in to two sections. Leave tops with 2 inches of stalk. Chop rest of stalk into slices.

Chiffonade Sorrel, set aside.

Slice beef into 1 inch cubes, set aside.

In a large stock pot heat over medium-high ½ c EVOO & ¼ stick of butter.

Once butter is melted, add shallot and sauté until semi-soft- kosher salt and fresh ground pepper.

Add mirepoix & 1c of water, sauté of 4 minutes.

Add asparagus slices, beef, ½ cup wine, 1/3 of the garlic, dried tarragon, cinnamon, cardamom, roasted red pepper flakes, ½ c of water & ½ of the lime juice; sauté until reduced by half.

Add mushrooms, ¾ of the sorrel, 1/3 of the garlic, kosher salt and fresh ground pepper; and sauté until mushrooms begin to soften.

Add ¼ c of water as it continues to reduce, adding no more than 2 ½ cups- cook for 40 mins.

Add pasta, 1c of water, cayenne pepper, ¼ c EVOO- cook for 15 minutes.

Add asparagus tips, rest of the garlic, rest of the sorrel, rest of lime juice, ½ c red wine, ¼ stick of butter- cook for 5 minutes.

Remove from heat, kosher salt and fresh ground pepper to taste, cover and let rest for 5 minutes.

Serve in deep bowls, placing asparagus tips on top.

**Bon Appetit!**