



Unfortunately Lactose intolerance has become an issue for Sue. She's OK with harder Cheeses, but we're trying to avoid Cream in sauces as it causes her discomfort for a couple of days afterwards. So this is her alternative Mushroom Sauce for steaks etc. which was really good. We actually use Margarine instead of Butter here anyway.

Ingredients:-

2 Shallots, finely sliced
4 Chestnut Mushrooms, finely sliced
Home made Garlic Butter
1 Tbsp Flour (Gluten free here)
400ml Beef Stock
Salt & Pepper
Soy Sauce
Dijon Mustard
Oil

Method:-

- (1) Sauté the Shallots in Garlic Butter and a little Oil until softened.
- (2) Add the Mushrooms and season with Salt & Pepper.
- (3) Stir in the Flour and then add the Beef Stock.
- (4) Allow to simmer for 5 minutes.
- (5) Add a dash of Soy Sauce and a teaspoon of Dijon Mustard and stir while simmering for a further 5 minutes.

(6) Just before serving add a knob of Butter and stir in to add a glaze to the sauce.