

**As a result of Coeliac Disease Sue has become Lactose Intolerant. This is limiting as we love Cheese etc. However Cream based Sauces are also off the menu. Or it would be more accurate to say ?Were off the menu?.**

**After a good bit of experimentation Sue has found a really good alternative - Ground Cashew Nuts and Lactose free Milk. We simply buy unsalted Cashew Nuts and wuzz them in the Food Processor.**

**Ingredients:-**

2 Tbsp of Black Peppercorns, crushed
½ an Onion, diced
3 Cloves of Garlic, minced
1/ Tsp of Dijon Mustard
2 Tbsp of Worcestershire Sauce
300ml of Beef Stock
200 ml of Lactose free Milk
2 Tbsp of Ground Cashew Nuts
2 Tbsp of Margarine
1 Tbsp of Oil

**Method:-**

(1) Heat 1 Tbsp of Margarine and 1 Tbsp of Oil in a frying pan over a medium heat.
(2) Add the Onions and Garlic and fry until softened.

(3) Add the Beef Stock and Peppercorns and simmer until reduced by a half.
(4) Add the Worcestershire Sauce.
(5) Stir the Ground Cashew Nuts in to the Milk and then add to the Sauce.
(6) Stir in the Dijon Mustard and allow to simmer until the Sauce thickens.
(7) Stir in the remain Tbsp of Margarine just before serving.

**This makes the shop bought sachet version seem very poor by comparison!**