

After our little fight with COVID (Twice as it happens) we?ve both got odd long COVID issues. Allergies which were long forgotten like Hay Fever etc. But the most restrictive for Sue has been that it has triggered Lactose Intolerance. Coeliac Disease and Lactose Intolerance often go hand in hand, but Sue had side-stepped it until recently.

So we?re having to alter our diet to exclude Milk. This is a bit interesting for Cream based sauced, but I think we?ve got it?..

But the Nut Milk gig is not the only notable item in this recipe. The Mushrooms were Pine Boletes which I gathered myself. Food always tastes better if you have some engagement with it.

Ingredients:-

425g of Rump Steak, cut into thin strips
1 Onion, finely sliced
3 Cloves of Garlic, minced
6 Pine Bolete Mushrooms, cleaned and sliced (Dries wild mushrooms soaked will work)
1 Tsp of Dijon Mustard
200ml of Beef Stock
200ml of Lactose free Milk
2 Tbsp of Cashew nuts, ground
1 Tbsp of chopped Parsley
1 Tbsp of Cornflour
1 Tbsp of Margarine

Oil to fry
Salt & Pepper to season

Method:-

(1) Add the Stock to the Cornflour and season with Salt & Pepper.
(2) Fry the Steak strips in a little oil until browned, remove and set aside.
(3) Add the Margarine to the pan and fry the Onions until softened.
(4) Add the Garlic and cook for a further 2 minutes.
(5) Add the Mushrooms and cook until softened.
(6) Season to taste at this stage.
(7) Add the Beef Stock combination and allow to simmer for 2 minutes.
(8) Add the Cashew Nut Powder to the Milk and mix well.
(9) Add this to the pan along with the Mustard.
(10) Return the Steak to the pan and simmer for a further 5 minutes.
(11) Garnish with fresh Parsley and serve over boiled Rice.

Served over boiled Rice this was just as good as a Cream based sauce and the wild Mushrooms have a very intense flavour. Next year we will almost certainly do this gig again. But the season for Pine Boletes is about 4 days a year!