



There was a comedy of errors type of tale which lead to this recipe. We had what we thought were a couple of Pork Loin Steaks in the freezer. Once thawed it became apparent that this was actually Pork Shoulder trim from our last Sausage making afternoon. By this stage it was too late to slow cook them. So Plan (B) was a quick trip to Home Bargains for a couple of their cheap Rump Steaks. (£2.49 each). Then we thought we'd ?Surf and Turf? it with some of the discount seafood items in the freezer. Next we thought we'd ?Welshify? it with the remaining by of Laverbread in a tin in the fridge?.

Clearly a logical progressing? OK maybe not, but the resulting sauce was spectacular!

Ingredients:-

200g of Cooked Squid Tentacles, chopped
2 Shallots, finely diced
2 Cloves of Garlic, minced
100ml of Chicken Stock
100ml of White Wine
200ml Milk (Lactose free for us)
3 Tbsp of ground Cashew Nuts
1 Tbsp of Margarine (Dairy free for us)
1 Tbsp of Oil
2 Tbsp of Laverbread
Salt & Pepper to season

Method:-

- (1) On a low heat fry the Shallots in the Margarine and Oil until softened.
- (2) Add the Garlic and continue to fry for a further 2 minutes.
- (3) Season with Salt & Pepper.
- (4) Add the Wine and Stock & allow to simmer to reduce.
- (5) When reduced by half combine the Milk and Cashew Nut & add.
- (6) Allow to simmer until the Sauce thickens.
- (7) Stir in the Laverbread and the Squid.
- (8) Cook until the Squid is heated through.

Obviously if you are OK with Cream that's a better option than the ground Nuts, but COVID has left Sue with Lactose Intolerance so we're having to create sauces etc. both Gluten and Lactose free now.