

Steak Diane Sauce

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From Nicky's Kitchen Sanctuary

Serves 6 – 117 calories/ 6 points

- 1 tbsp butter
- $\frac{1}{2}$ tbsp olive oil
- 2 shallots – peeled and chopped finely
- $\frac{1}{4}$ tsp salt
- $\frac{1}{4}$ tsp black pepper
- 1 garlic clove – peeled and minced
- 2 tbsp cognac or bourbon
- $\frac{3}{4}$ cup beef stock – water plus 2 stock cubes is fine.
- 1 tsp Worcestershire sauce
- 2 tsp Dijon mustard
- $\frac{1}{2}$ cup heavy cream

1. Add the butter and oil to a frying pan and heat over a medium heat.
2. When the butter has melted, add the shallots, salt, pepper and garlic. Cook for 2-3 minutes until the shallots are just starting to soften.
3. Add the cognac or bourbon to the pan, bubble for 1 minute, then add in the stock, Worcestershire sauce and mustard.
4. Cook for a further 2-3 minutes until slightly thickened.
5. Stir in the cream (if you have any juices from resting your steak, add them to the pan now too). Bring back to

a simmer, then turn off the heat.

6. Serve over steak.

7. If you do not want to use alcohol, use an extra teaspoon of Worcestershire

Sauce

American, Sauce