## Steak Diane Sauce

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From Nicky's Kitchen Sanctuary

Serves 6 - 117 calories/ 6 points

- 1 tbsp butter
- 15 tbsp olive oil
- 2 shallots peeled and chopped finely
- ¼ tsp salt
- ¼ 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.
- 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