

Lemon Cream Sauce

Chef Audrey - Aldi Test Kitchen
www.aldi.com

1/3 cup shelled pistachios
2 tablespoons butter
1/2 onion, minced
1 teaspoon minced garlic in
extra-virgin olive oil
1 cup heavy whipping
cream
zest of one lemon
juice of one lemon
sea salt (to taste)
pepper (to taste)

In a food processor, pulse the pistachios into a fine dust.

In a small saucepan over medium heat, melt two tablespoons of the butter. Add the onions and cook for 2 to 3 minutes. Add the garlic and cook until aromatic.

Add the ground pistachios to the onion mixture to form a paste. Cook for 3 to 5 minutes or until the pistachios release their aroma.

Whisk in the cream. Reduce the heat to low. Let the sauce sit on low heat, stirring occasionally until the cream slightly reduces.

Stir the lemon juice and zest into the cream sauce. Strain the sauce through a fine-mesh sieve. Return to the low heat. Season with salt and pepper to taste. Keep warm until needed.

Per Serving (excluding unknown items): 1045 Calories; 111g Fat (93.6% calories from fat); 6g Protein; 11g Carbohydrate; 1g Dietary Fiber; 388mg Cholesterol; 325mg Sodium. Exchanges: 1 Vegetable; 1/2 Non-Fat Milk; 22 Fat.