

Vegan Alfredo with Chardonnay Reduction

Prep time: 30 min. Cook time: 30 min.

2 c. raw cashews
3-5 c. water (for soaking cashews)
3 cloves of garlic
2 tbs. olive oil
1/2 c. Chardonnay
2 c. So Delicious Original Coconut Milk
1/4 tsp. fresh lemon zest
1/2 c. water
2 tsp. nutritional (brewer's) yeast
2 tsp. lemon juice
1/2 - 1 tsp. sea salt (to taste)

1. In a small bowl soak raw cashews in 3-5 cups of water until well covered, set aside on a counter covered in a tea-towel for 20 minutes
2. Once your cashews have finished soaking drain off the excess water and set aside
3. Prepare a medium or large sauce pan with the 2 tbs. of olive oil, then thinly slice your cloves of garlic
4. Place the saucepan on medium heat and add the garlic, begin to sauté in the olive oil until the garlic becomes aromatic and begins to brown around the edges, this usually takes around 5 minutes
5. Now gently pour your cashews into the saucepan with the garlic and olive oil, be aware that the cashews are still a little wet so the oil will bubble and spit
6. Stir the cashews and garlic allowing a nice sauté to form, do not worry if some cashews insist on sticking to the bottom of your saucepan, this will only add flavour later on
7. Continue stirring and sautéing for 5-7 minutes until you feel that the cashews have developed a little bit of colour, the point is not to make them all dark but to infuse them with the garlic flavour and get a little bit of brown on the bottom of the pan
8. Now carefully pour your Chardonnay into the pan, alcohol reacts to heat instantly so have your hand far enough away from the saucepan that you do not receive a steam burn
9. Stir the cashews quickly, focusing on cleaning off the bottom of the pan to get all the browned flavour
10. Wait until the alcohol has evaporated off and allow the wine to reduce until there is only a little bit of water left at the bottom of the pan - then remove from heat
11. Pour your cashew mixture into a blender and add remaining ingredients except sea salt
12. Pulse until a smooth creamy sauce forms, there should be no visible cashew particles
13. Once a smooth sauce has formed add salt in increments, pulse and then taste until you love it

Enjoy, and happy eating!

Shandi