

June '10:



A great treat for the upcoming grilling season is compound butters. Compound butter is butter which has been mixed with a seasoning to make it more flavorful. It can be served to pasta, seafood, and vegetables as an alternative to a sauce or to add zest to the meal, and it comes in both savory and sweet varieties. Typically, unsalted butter is used, with cooks adding salt to taste. Making compound butter at home is easy, economical and is a great way to add extra flavor to grilled steaks, chicken, etc. Here is a couple of our favorite savory compound butters:

HERB BUTTER:

¾ c. (1½ sticks) butter -softened	1½ T. lemon juice
¼ tsp. ground nutmeg	1 T. dried parsley flakes
1 T. dried minced onion	½ tsp. salt
1 T. garlic powder	¼ tsp. Worcestershire sauce
½ tsp. ground black pepper	
4-5 dashes Tabasco pepper sauce	

Cream butter with a wooden spoon. Add lemon juice, nutmeg, parsley flakes, minced onion, garlic powder, salt, pepper, Worcestershire sauce and pepper sauce; blend well. Form butter mixture into small balls or a log. First wrap well in cling wrap, cover with foil. Refrigerate for up to 4 weeks or freeze for up to 6 months. Excellent melted over broiled or grilled meats and seafood. Yields approximately ¾ cup.

Serve over steamed vegetables or rice, or spread on slices of French bread and toasted under broiler.

ROSEMARY-GARLIC-BLACK PEPPER

1 lb. soft butter	3 tablespoons, rosemary "needles" - lightly crushed
1 tablespoon, minced garlic	2 tablespoons, freshly cracked black pepper
salt to taste	

Beat ONE POUND of softened, unsalted butter; add herbs and mix well. The finished composition may then be rolled into a log, wrapped in plastic wrap, or simply packed into a crock or small dish and tightly covered – then refrigerated until needed. Can also freeze up to 6 months - thaw partially and cut portion to serve.