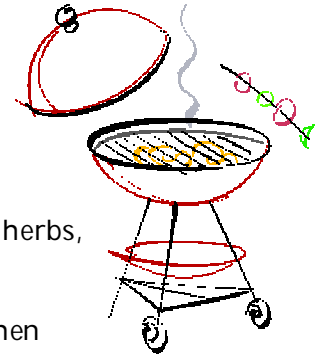


June 2011

Backyard picnics, sun and barbeques - what better way to celebrate the "lazy, hazy, crazy days of Summer"! I am sharing family-favorite flavored butters to add to your grilled vegetables or on a great piece of steak, pork, chicken or fish! What a tasty addition to your B-B-Q menu! Enjoy!



~ Compound butter= butter creamed with other ingredients – such as herbs, garlic, wine, etc. Use room temperature butter to make these mixtures.
~All recipes will benefit from standing about an hour to develop flavor. Remember that flavors will be more intense at room temperature than when chilled, so taste for seasonings at room temperature. Always wrap well! Refrigerate to store for up to 2 weeks. Butters may be frozen for up to 3 months.
~ The flavoring ingredients should be finely chopped or pureed. Any extra liquid they contain should be drained off thoroughly before mixing them in the butter. Compound butters may be stored in freezer, tightly wrapped. Use a sharp knife dipped in hot water for cutting the frozen butter. Just put a slice of chilled butter on top of the food as it comes hot off the grill. The butter will melt and spread its flavor over the food.

Each recipe below is meant to be beaten into ONE POUND of softened, unsalted butter. 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.

COMPOUND BUTTERS (savory) for Grilled Foods:

BASIL-LEMON BUTTER

ONE (1) pound of softened, unsalted butter
4 tablespoons, fresh chopped basil leaves
1 tablespoon, minced garlic
Zest of 1 lemon + 4 tablespoons, fresh lemon juice (about one lemon's worth)
salt and fresh cracked black pepper to taste

ROSEMARY-GARLIC-BLACK PEPPER BUTTER

ONE (1) pound of softened, unsalted butter
3 tablespoons, rosemary "needles" – lightly crushed
1 tablespoon, minced garlic
2 tablespoons, freshly cracked black pepper
salt to taste

LEMON-GARLIC BUTTER

ONE (1) pound of softened, unsalted butter
1-2 Tbsp. minced garlic
2 Tbsp. fresh lemon juice
1 Tbsp. minced fresh parsley