

Herb Butter II

Sonia Uvezian

The International Appetizer Cookbook (1984)

1 cup mixed fresh herbs (parsley,
chervil, chives and watercress)
1/2 cup unsalted butter
salt (to taste)
pepper (to taste)

Blanch the mixed herbs by plunging them into boiling water for 1 minute. Drain the herbs well. Dry them on paper towels. Chop them very fine.

Cream the unsalted butter. Beat the herbs into the butter. Then force the mixture through a fine-meshed sieve into a bowl, using a pestle or wooden spoon.

Season to taste with salt and freshly ground pepper.

Flavored butters can be shaped into logs, wrapped tightly in aluminum foil, and frozen for up to two weeks. Simply open the frozen package and slice off what you need. They can also be refrigerated for up to twenty-four hours.

Variations:

Add one-half teaspoon of freshly squeezed and strained lemon juice with the salt and pepper.

Instead of the listed herbs, you may substitute a combination of (parsley, chervil, watercress and tarragon), (parsley, basil or dill, and chives), (parsley, basil or tarragon, and chives), or a complimentary mixture of your own choice.

Sauces and Condiments

Per Serving (excluding unknown items): 813 Calories; 92g Fat (99.5% calories from fat); 1g Protein; trace Carbohydrate; 0g Dietary Fiber; 248mg Cholesterol; 12mg Sodium. Exchanges: 18 1/2 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	813	Vitamin B6 (mg):	0mg
% Calories from Fat:	99.5%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	0.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	92g	Folacin (mcg):	3mcg
Saturated Fat (g):	57g	Niacin (mg):	trace
Monounsaturated Fat (g):	27g	Caffeine (mg):	0mg
		Alcohol (kcal):	0

Polyunsaturated Fat (g):	3g
Cholesterol (mg):	248mg
Carbohydrate (g):	trace
Dietary Fiber (g):	0g
Protein (g):	1g
Sodium (mg):	12mg
Potassium (mg):	29mg
Calcium (mg):	27mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	0mg
Vitamin A (i.u.):	3468IU
Vitamin A (r.e.):	855RE

% Refuse: 0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	18 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 813 **Calories from Fat:** 809

% Daily Values*

Total Fat 92g	141%
Saturated Fat 57g	286%
Cholesterol 248mg	83%
Sodium 12mg	1%
Total Carbohydrates trace	0%
Dietary Fiber 0g	0%
Protein 1g	
Vitamin A	69%
Vitamin C	0%
Calcium	3%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.