

Honey Almond Butter

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Yield: 1 1/2 cups

*1 cup butter, softened
1/4 cup honey
1 tablespoon brown sugar
1/2 teaspoon almond
extract*

In a small mixing bowl, beat the butter, honey, brown sugar and almond extract until light and fluffy.

With the butter at room temperature, whip it with an electric mixer or with a spoon or spatula until it is smooth and soft.

Gently stir in your ingredients (if chopped herbs, wash and dry them thoroughly first). If using dry spices, mix them together first so they incorporate evenly throughout the butter.

Scoop the flavored butter onto parchment paper or plastic wrap. Roll it into a log shape. Twist the ends closed. Wrap it in foil. Place it in the refrigerator or freezer to chill and harden.

Frozen butter can easily be sliced with a sharp knife that's been run under hot water.

(Flavored butters can be frozen for up to six months.)

TIP:

I use unsalted butter when making flavored butters so I can control the amount of salt. In a recipe that does not call for salt, 1/8 to 1/4 teaspoon (or to taste) can be added to boost the flavor, if desired. When making herbal butters, you can also add a small squirt of fresh lemon juice to perk things up a bit if the recipe does not call for it.

Hosting a dinner party: Mix up your flavored butter and spread it into decorative candy molds to chill and harden in the freezer. Pop it out of the molds, place it on a pretty plate, and serve with your favorite bread or over roasted vegetables for an elegant touch.

Per Serving (excluding unknown items): 1921 Calories; 184g Fat (83.6% calories from fat); 2g Protein; 79g Carbohydrate; trace Dietary Fiber; 497mg Cholesterol; 1880mg Sodium. Exchanges: 36 1/2 Fat; 5 Other Carbohydrates.