



## *The Edible Garden*

Recipe featured at Garden-to-Table Weekend featuring berries, July  
3–5

### **Compound Butters**

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#### **Ingredients**

1 pint of whipping cream or heavy cream

#### **Instructions**

- Place cream in a chilled bowl.
- Beat with an electric hand blender or a food processor. It will first form peaks and look like whipped cream then it will start to separate into the buttermilk and the butter. At this point it begins to look like cottage cheese.
- Once the buttermilk and the butter are separate (about 10-15 minutes), strain out the buttermilk for baking and ‘wash’ the butter to get out the remains of the buttermilk. The butter will turn sour if you don’t wash it.
- To wash the butter, wrap the butter in a cheese cloth, place it in a partially filled bowl of ice water and take a large wooden spoon to mash it down. The water will turn cloudy from the buttermilk. Repeat several times until the ice water is clear(ish).

Homemade butter generally lasts for 1 week in the refrigerator and up to 6 months if frozen. It can be wrapped in wax paper.

#### *Variations:*

##### **Herb butter**

One stick of butter

1 tablespoon parsley, finely chopped

1 tablespoon chives, finely chopped

1 tablespoon oregano, finely chopped

1 tablespoon tarragon, finely chopped

Mash butter and herbs in a bowl and serve on roasted vegetables, meat, or fish or on bread.

##### **Strawberry butter**

1 stick of butter

1/2 cup finely chopped fresh strawberries

2 tablespoons basil, finely chopped

1 teaspoon of balsamic vinegar (optional)

Mash butter and ingredients together in a bowl or a blender and serve on scones, biscuits or pancakes. If you leave out the balsamic it tastes like strawberry shortcake. Adding the vinegar gives it a slightly savory touch.