

# Better (Spreadable / Extended) Butter

Recipe Rating: 10.

## Notes

**Makes about 2 cups of spread.** We prefer butter for cooking to margarine or other spreads, both for taste and health reasons. But for some years, we have been using Better Butter both as a spread for bread and toast and for most cooking. This is to reduce the amount of milk fats in our diet once we discovered that, at our ages, dairy products seem to increase the tendency to arthritis and other inflammatory conditions. Better Butter is also lower in cholesterol than butter and has no dangerous trans-fats, and is more natural than highly processed margarine.

Better Butter tastes like butter and keeps well in the refrigerator. Oil and butter alone will work, but **the other ingredients help it stay firm longer.** Even when cold, it spreads easily. Use three tablespoons of milk or milk substitute to get a firmer spread.

The small amount of salt enhances the butter flavor, and the mixture will not taste like salted butter. Omit it or adjust it to your taste. Light olive oils have a mild flavor and will give the best health benefits. I sometimes mix canola with Bertolli extra-light olive oil.

Fills →	1.5 (15-oz) rect. keepers	2 (15-oz) rect. keepers	2.75 (15-oz) rect keepers	4 (15-oz) rect. keepers
Add to bowl in order below:	2-cup bowl	1-quart bowl	2-quart bowl	2-quart bowl
<b>Powdered sea salt</b> <sup>1</sup> <b>OR table salt (optional)</b>	1/3 teaspoon (optional) OR 1/2 teaspoon	1/2 teaspoon (optional) OR 3/4 teaspoon	3/4 teaspoon (optional) OR 1 teaspoon	1 teaspoon (optional) OR 1 1/2 teaspoons
<b>Lecithin granules or syrup (optional)</b>	1/3 teaspoon	1/2 teaspoon	3/4 teaspoon	1 teaspoon
<b>Liquid milk (any), reconstituted dry milk, soy milk</b>	3 tablespoons (45 g)	4 1/2 tablespoons (2.4 oz, 68 g)	6 tablespoons (3.2 oz, 90 g)	9 tablespoons (4.8 oz, 136 g)
<b>Canola or light olive oil (I use half of each)</b>	6.3 oz, 180g (orig: 200g)	9.5 oz, 270 g (orig: 300g)	12.7 oz, 360 g (orig: 400g)	19.0 oz, 540 g (orig: 600g)
<b>Unsalted butter, softened</b> <sup>2</sup> [Times are for 1100 w M/W]	8 ounces (2 sticks) [M/W: X min. @ 10 %]	12 ounces (3 sticks) [M/W: X min. @ 10 %]	1 pound (4 sticks) [M/W: 20 min. @ 10 %]	1 1/2 pounds (6 sticks) [M/W: 22 min? @ 10 %]
<b>Dried marjoram, crumbled</b>				
<b>Grated Parmesan cheese</b>				

<sup>1</sup> Grind sea salt to a powder in your spice grinder

1. In a blender, food processor, or a tall, narrow container if using a hand blender, combine the salt, lecithin, and skim milk and stir to dissolve the salt.
2. Add the oil and butter and set aside until butter is softened to almost room temperature.
3. Process until smooth. Pour into containers, label, and store in the refrigerator. I have not tried freezing it yet.

## Rick's notes

11/2012

Increased lecithin to match sea salt (per Rita's 10/03/2012 email)

01/2013

Need to make more next time, do 4 sticks of butter

(Older version)

**Makes just over 2 cups.** This butter offers an easy-spreading alternative to margarine, which can otherwise be the most highly processed—and salted—food in a natural foods kitchen. Better Butter combines butter (for flavor) with the unsaturated fats of good-quality oil. The result is a spread that's as low in saturated fat as margarine, but without hydrogenation, processing, and additives.

Use butter that is soft but not melted. One version of Better Butter can be made by simply blending equal parts of oil and butter together, pouring into covered containers, and storing in the refrigerator.

**By including the other ingredients,** though, you will have a spread that **stays firm a little longer at room temperature.**

1. In a blender, combine all ingredients until smooth. Refrigerate.

<b>1 cup (7.7 oz, 218 g) safflower or corn oil (new findings indicate <u>canola</u> or pure olive oils, with their mono-saturates to be even more beneficial)</b>	<b>2 tablespoons powdered non-instant, nonfat milk<sup>1</sup></b>
<b>2 sticks (1/2 pound, 8 oz) butter</b>	<b>2 tablespoons water</b>
	<b>1/4 teaspoon lecithin (granules are easier to use than the syrup)</b>
	<b>Optional: 1/2 teaspoon fine sea salt</b>

<sup>1</sup> For my palate, non-instant dry milk leaves a too-sweet aftertaste.

Not quite as good as Better Butter

## Spreadable (Extended) Butter

Recipe Rating: X.

Notes

<b>Makes</b>				
<b>Pyrex bowl</b>			<b>1-quart</b>	
<b>Unsalted butter</b>	<b>4 ounces (1 stick)</b>	<b>8 ounces (1/2 pound)</b>	<b>12 ounces (3 sticks)</b>	<b>1 pound (4 sticks)</b>
<b>Sea salt powder (optional)</b>	<b>1/8 teaspoon (optional)</b>	<b>1/4 teaspoon (optional)</b>	<b>3/8 teaspoon (optional)</b>	<b>1/2 teaspoon (optional)</b>
<b>Canola or olive oil</b>	<b>3.5 ounces (100 g)</b>	<b>7.0 ounces (200 g)</b>	<b>10.6 ounces (300 g)</b>	<b>14.0 ounces (400 g)</b>

Place all ingredients in a bowl; let stand until butter is softened. Whisk together until well mixed. Pour into containers and refrigerate.