

Chapter 1 : Butter and Herb Mashed Potatoes - Idahoan Mashed Potatoes - Idahoan Foods LLC

Enjoy fresh herbs by using them in a freezer-friendly butter spread.

Fresh herb oils, vinegars, and butters perk up age-old recipes April 9, By Paula Carbone Special to The Christian Science Monitor A well-chosen herb can subtly and deliciously vary a favorite recipe. Not only do herbs perk up your cooking, but they are also easy and satisfying to grow. They require no special treatment and can be grown successfully indoors. Well-drained soil in a sunny location is the basic requirement for an herb garden, with the exception of the mints, which prefer shade. If growing herbs in pots, keep soil evenly moist and never let it completely dry out. The plants will need at least five hours of sunlight each day, up to 14 if grown under plant lights. Since the flavor of the herbs is in the volatile oils, plant care is concerned with keeping the oils concentrated in the leaves. Overfertilizing will reduce these oils, as will allowing the herbs to flower. Gather leaves just after the dew has dried in the morning, before the sun diffuses the oils. Be sure to pinch off part of the stem with the leaves on it to encourage new growth. Fresh herbs can be used in an endless variety of combinations for any dish, hot or cold. Use about one tablespoon of fresh herbs for each teaspoon of dried indicated in a recipe. Dried herbs are stronger because the oils are concentrated when the herb dries. Wash herbs only if absolutely necessary to avoid bruising and be sure they are completely dry before chopping. Herbs are divided into two flavor groups, robust and mild. Robust herbs keep their flavor while cooking and usually become stronger the longer they cook, as more oil is released. Robust herbs include thyme, tarragon, sage, rosemary, coriander, summer savory, garlic, and sorrel. They should be used carefully to avoid overpowering a dish. Stews, soups, and roasted meats can benefit from these hearty flavors. Could you pass a US citizenship test? Mild herbs combine more readily than robust, and mellow while cooking. Basil, dill, parsley, chervil, bay, and marjoram are mild herbs. They are excellent choices for salads and dishes requiring a short cooking time. Herb oils and vinegars are easy to prepare and can be kept up to a year without losing their flavor. Use corn or safflower oil for the milder herbs, and a good-quality olive oil for the stronger robust varieties. Chop herbs and place in a glass jar, then cover with oil. Keep in a warm, dark spot for three weeks, strain into a clean bottle, label, and store. Basil, tarragon, bay, and garlic make excellent herb-flavored oils. Herbs must be completely dry before used in herb vinegars. Water dilutes the vinegar. Crush herb slightly to bruise sprigs. Place in bottle and cover with vinegar. Use glass bottles because of the high acidic content of vinegar. Metal or plastic containers might trigger a chemical reaction with the vinegar. Place in the sun for up to three weeks, strain, then store in a dark place. If vinegar is too strong, dilute with plain vinegar. Add a sprig of herb used for easy identification. Basil and tarragon are popularly used flavorings. Oregano, mint, thyme, rosemary, dill, savory, garlic, and marigold can all be successfully used for herb vinegars. Cream together equal parts softened butter and minced herbs. Refrigerate until it holds its shape, form into a stick, wrap well, and freeze. Experiment with small amounts of single herbs or combinations, and make larger portions of favorites. Some good combinations are dill and parsley; tarragon, dill, and chives; and mint and lemon juice. The worst that can happen is that the flavor will be overpowering; avoid this by using small quantities and adding more if needed. Here are a few suggestions: Dill can be added to quiches, cheeses especially cottage cheese, and eggs; for a switch from boiled corn on the cob, rub corn in butter, place a sprig of dill on top, wrap in foil, and barbecue. Use thyme in fish soups; add liberally to chicken and turkey stuffings; it will hold its flavor in sauces and stews; add to minestrone soup for extra flavor. Combine basil and garlic for spaghetti sauces; drench tomatoes in basil-flavored olive oil; freshen tomato juice with basil. Add mint to pea soup, boiling peas, fruit salads; use with lamb; eggplant dishes improve with mint; sprinkle on chocolate ice cream. Rosemary stands up well in stews; mix into deviled eggs, cream cheese, omelettes; use with beef and lamb.

Chapter 2 : Teresa's Garden Song: Make Your Own Herb Flavored Oil, Butter & Vinegar

Yum. Isn't it beautiful? I mean, just look at it. All whipped and soft and herb like. At the beginning of grilling season I get myself ready by making some batches of herbed butters.

You can make infused oils for the cost of some good cooking oil and a few herbs. In fact, you probably already have all the ingredients in your kitchen right now. As inexpensive as they are simple, they also make impressive gifts for any cook or hostess. To infuse oil or butter with rich flavor, you need only a small amount of herbs. Plus, a dab of herb-infused oil adds a gourmet touch and layers of flavor to just about any savory recipe. Herb-infused oils often are used to complement bread courses. Dipping oils taste lighter than most cream-based dips, but they still are percent fat. Flavored oils will be only as good as the oil you select for the recipe, so buy the best you can afford. Herbs can enhance the flavor of good-quality oil, but no matter what you add to a mediocre oil, the result never will be better than the ingredients. I like to make a rich herb-flavored oil for dipping or seasoning, thereby reducing the amount of oil needed for in-depth flavors. Using a lighter-flavored oil, like light olive, grape seed or canola, will allow more of the herb flavor to be front and center. I always keep some on hand, stored in the freezer. Herb butter provides a rich, flavorful addition to cooked vegetables or bread, as well as baked and grilled chicken and fish. Create an elegant meal instantly or add a gourmet touch to pasta, rice or potato side dishes with a slice or two of herb butter. Always refrigerate infused oils and oil-based mixtures of garlic and other fresh herbs to prevent serious health hazards. Botulism, a potentially fatal form of food poisoning caused by bacteria, has been traced to commercial and home-prepared mixtures of garlic in oil that were not refrigerated. Refrigeration is necessary because flavored oils create the ideal conditions for botulism: Oil by itself cannot grow bacteria, but harmful organisms can grow in infused oils containing only trace amounts of water. Before use, simply take the oil out of the refrigerator and set it on the counter—when it returns to room temperature, it will clear up again. Storing flavored oils in the refrigerator also helps keep the oils from becoming rancid. The presence of botulism toxins and rancidity are not necessarily related. All fats and oils will become rancid given enough exposure to air, sunlight and heat. Fresh herbs and ingredients can be used for a mix that will be consumed within a short amount of time. Mix infused oils a day ahead of time and refrigerate to give flavors extra time to blend. Homemade infused oils can be stored safely in the refrigerator for one week. Buy the book at motherearthliving.com. Patsy Bell Hobson is a freelance writer and avid gardener from Liberty, Missouri.

Chapter 3 : Herb Oils and Butters | Central Texas Gardener

Compound butter is basically just a fancy term for flavored butter or herb butter. It isn't just called herb butter, though, because it can include a variety of other ingredients like fruits, spices, herbs, sugar, or salt. The term "compound butter" includes many varieties of butters, both sweet.

They taste delicious too! One of my favorite things about the holidays is all the yummy holiday treats. If you are on Pinterest or Facebook or read many blogs you are probably about on overload right now with yummy, delicious sweet treats. Every one is sharing their favorite holiday treats. Most of them full of sugar – myself included!! I love butter and eat bread so that I can eat butter. Margarine was never allowed at my house growing up and it was the sixties and seventies when margarine was totally in! My dad was a butter man. So I learned at a young age to appreciate the fine flavor of butter. No generic butter at our house. We buy the good stuff. My butter of choice is Darigold not only is it made here in the Northwest but it is just good butter! There is a difference in butter. A good quality butter will give you better results and flavor in cooking and baking. You get a higher melting point and a better quality to your baked goods. Darigold uses a European vacuum style churn to create a high quality better butter. I decided to dress up the butter a little bit and create some flavored butters. I am going to give a collection of flavored butters along with a loaf of homemade bread to some of our friends for the holidays! Flavored butters can be used in a variety of ways, depending on the flavor of the butter. I like to make both sweet and savory. I think any flavor butter is good on a piece of bread but you can also use them on meat, fish, chicken to add a lovely flavor. After you grill a steak put a bit of garlic herb butter on top and let it melt in – so good! I came up with four different flavor combinations for flavored butters but use your imagination and I know you will come up with lots more! Flavored Butters Fig Butter One of the easiest flavored butters to make is just a combination of butter and your favorite jam. I used Fig to make a Fig Flavored Butter. I just used my little food processor to make the butters. Just pop everything in and then pulse! Orange marmalade or raspberry jam would be delicious too. The second flavor I made was also sweet – Cranberry Butter. Cranberry butter is a combination of fresh cranberries, maple syrup, orange zest and of course butter! It would be yummy on pancakes or waffles too! Cranberry Butter After I process the butter I put it onto a piece of wax paper and form it into a log. Roll it up in the wax paper and twist the ends. Add a bit of washi tape around it to dress it up a bit and add a tag and you have a nice little, delicious gift for some lucky person! Garlic Herb Butter I also made two savory butters. The Garlic Herb Butter is delicious and wonderful on warm bread or on top of a piece of meat or fish. I used some fresh chives and parsley from my garden but you could use your favorite combination of herbs and I am sure dry herbs would work also but fresh is always better!! Roasted Red Pepper Butter The second savory one is amazing. The color and the flavor! I used a combination of roasted red pepper, salt and green onions. I did make it into a log but had to freeze it so that I could cut it without it totally falling apart and it was still pretty crumbly. Next time I would just put it in a bowl and use it from there instead of trying to make it into a log. I cut a slice or two of each butter and combined them together for a flavored butter sample pack! Did you know butter could be so pretty!! Just roll it up in wax paper and you have a pretty and delicious and unique holiday gift! This post was sponsored by Darigold but all opinions are my own!

Chapter 4 : Herbal Butters and Oils: Dipping Oil

Tips for Herbal Butters and Oils The Simple Facts About Homemade Butters and Oils The price of herb-flavored oils and dipping sauces in gourmet shops might make you think they're complicated, inherently expensive and difficult to make.

Print Once you get into making your own personal products, you may notice how many oils are used in different recipes. If purchasing hundreds of dollars worth of essential oils is not your thing, you can get some of the same benefits from plants and flowers you have grown by preparing herbal oil infusions with them. You might also use a rosemary infused olive oil as a base for an impressive homemade salad dressing or in other savory dishes. **Tips for Making an Herbal Infused Oil Choose Your Method** There are several methods for making herbal oils , most requiring a great deal of time to make. With a hot infusion method, you can have an oil infusion in a few hours. The lower the heat and the slower the infusion, the stronger your herbal oil will be. Do you want to use it for homemade healing salve? Natural baby care items? Knowing this ahead of time will be helpful in determining which oils and herbs you want to use. **Choose Your Oil and Herbs** If your finished oil will be used for culinary purposes or in herbal salves, a high quality olive oil may be your best choice. Find high quality extra virgin olive oil here. However, if using your finished oil in beauty products, jojoba oil, sweet almond oil, or coconut oil may be wonderful choices. Find high quality carrier oils for beauty products here. Most flowers or herbs can be used for infused oil, but be sure you know a little something about the herb you choose. Some herbs can be used for their healing qualities, while others may be chosen for their pleasant aroma. I prefer to use dried herbs and flowers because fresh herbs contain water that can cause mold growth and spoilage of your finished oil. Find organic herbs and dried flowers here. **Slow Cooker Method for Herbal Infusions** 1. Place a hand towel in the bottom of your slow cooker. This serves to keep the direct heat off jars and promote more even heat distribution, as well as cushioning jars from bumping the pot which could cause chips and breakage. Fill slow cooker about half way with water. Prepare herbs by gently rubbing between your palms before adding to a glass mason jar. Cap jars and place into slow cooker on top of the towel. You may want to check the temperature every few hours, turning off the slow cooker for a bit if needed. Stir or gently shake jars a few times during the infusion process. If you have a dehydrator with temperature controls or a yogurt maker , you can also use these appliances to infuse your oil. Once herbs have been infused, turn off slow cooker and allow to cool to room temp. Compost or discard the spent herbs. Transfer your infused oils to clean glass jars or bottles and cap tightly. Find glass bottles here. Label your jar with 1 the type of oil used, 2 herb it was infused with, and 3 date. Protect your herbal oils from heat and light by storing in a cool, dark place. Your oils may last a year or more if stored properly. **Using your Herbal Oil** There are many ways you can use your new, fragrant herbal oils. Try some of the following:

Chapter 5 : How to Make Basil Butter The Homesteading Hippy

Herb infused oils The essential oils in herbs can be extracted and blended with culinary oils to create flavored salad dressings, dipping sauces, marinades and tasty.

And it starts with 29 recipes for homemade, flavor-packed butter. Before you get to flavoring, try whipping up the original stuff. All you need for a jar of whipped buttery goodness is heavy whipping cream, salt and a whisk. What goes better with wine than chocolate? Make this red wine pat with your favorite vino, some sweet shallots and parsley. This fresh, herbacious butter is a great topper for corn on the cob or fish. This creamy sweet version is just as good on muffins and cookies as it is with breakfast. Instead of buying a jar at the pumpkin patch, make your own pumpkin butter with fresh puree, cinnamon and nutmeg. Spread this smokey butter on cornbread, or add a dollop on top of a steak fresh off the grill. Spring means tons of fresh herbs, so gather yours and throw them into a citrusy compound butter. This recipe calls for parsley and chives, but you can use any fresh herbs you have on hand. Instead of red pepper hummus, try the roasted reds in butter instead. Slather this spread on hot potatoes, a fresh artisan slice or savory muffins. This two ingredient butter make it with butter and stone ground mustard is the ultimate dip for soft pretzels. Get ready to jar this one up and give it out as your signature gift. The vanilla-based blend is the ultimate pancake topper. No matter what it is, your favorite berry jam or jelly mixes perfectly into whipped butter. Start by making honey butter whip some into your softened butter , then add a half cup of fresh picked blackberries into the mix. Strawberry butter is a pretty classic combination, but this five ingredient recipe makes it easier to make than ever. Make the most out of sweet and savory sun-dried tomatoes by turning them into a delicious spread. Slather it on super crusty bread all by itself or use it to amp up the flavor of your go-to sandwich. The sweet, citrus flavor of pineapple is enhanced with the addition of apples, vanilla and cardamom. All the work for this jam-like butter belongs to your slow cooker. Just throw fresh peeled apples, cloves, nutmeg and cinnamon into the pot and the rest is magic. Also known as maple cream, this one, made by intensely whipping pure maple syrup, is for your waffles, pancakes and breads. Ginger Snap Cookie Butter: Yes, this sweet butter makes a great holiday gift. Perfect for seafood or pasta, mix either with this robust tomato butter. Parsley, Chili, Garlic and Lemon: The pepper and chili flakes fire these pats up, then the lemon and parsley cool your taste buds down. Yep, you read that right. We turned our favorite hot beverage into one sweet, creamy butter. Made with warmed hot fudge, it even includes a few marshmallows for authentic hot cocoa flavor. This savory stick is a chameleon. Add a pat to potato leek soup, spread it on a sourdough slice or use it as a base for a chicken or steak dinner. What flavors are you mixing up? You can find pics of her delicious travels on Instagram at allyren. Look out for all the cake, donuts, and ice cream every Wednesday. Or you can feast on these other dessert bites Must be a valid email address!

Chapter 6 : Fresh herb oils, vinegars, and butters perk up age-old recipes - calendrierdelascience.com

Herb flavored oil; butter or margarine can add new dimensions to your favorite recipes and save preparation time in the kitchen. They are also an excellent way to preserve the bounty of your garden and enjoy the robust flavors of your annual herbs all year.

Spring Chive harvest - Using all parts to make Compound butter and flavored vinegar A great method for using fresh herbs is to make them into flavored butter. Depending on how much oil you use it can change the consistency to more of a spread. In the photo below the mixture in the white bowl is the olive oil-herb blend. I like mine more rustic with large herbs so I usually use this technique. Shaping up home-made, fresh herb compound butter Here are some of my favorite combinations: You can use wine vinegar, apple cider vinegar and others especially for strong herb flavors and combinations like rosemary and tarragon. The vinegar may also extract color from the herbs so you may end up with pink vinegar, like the chive vinegar shown below: Here are the simple steps: Inspect so that you use only leaves and stems that are undamaged with wilt, spots, or decay. The dry herbs will absorb some. They will easily keep for four to six weeks. I often strain the vinegar, removing the herbs, and place into an antique cruet. If you leave the herbs in the the vinegar eventually the liquid level will fall below the herbs - then remove the vinegar to another bottle and discard the herbs. Let the wax harden, and repeat several times to build up a good coating. Rinse chives with water and pat dry. Add more vinegar in hours. The blossoms turn the vinegar pink and the vinegar will have a subtle garlic flavor. Next day - strain out the flowers and place vinegar into glass containers, seal. Keep the fresh pink vinegar out of direct sunlight or it will fade - but the flavor remains. This will last about 3 months. Before placing herbs or garlic or peppers into oil they must be completely dried. I add about tablespoons of crushed dried herbs to 2 cups of oil. I tend to strain the oil after the flavors have matured, but some folks like the look of herb stems in the glass. Store herb-flavored oils in the refrigerator and use them within a few weeks. You may find that you want or need even more herbs!

Chapter 7 : Top 12 Flavored Butter Recipes | KetoDiet Blog

Find this Pin and more on Herbed & flavored oils and butters by JENN. Consume unseasoned nuts daily as part of a healthy diet and reduce the risk of heart disease. Eat in place of foods high in saturated fats but limit intake to 1 to 2 oz per day.

Chapter 8 : Food Network UK | TV Channel | Easy Recipes, TV Shows and Videos | Food Network UK

Serve herb-infused oil as a tasty dip for crusty bread. Be creative when choosing herbs with which to infuse oil. Blend a combination of herbs or choose a single herb. Either way, you can enjoy the taste of flavored oils at a fraction of the specialty store price. €½ cup herbs; choose one or.

Chapter 9 : 29 Homemade Butter Recipes, From Spicy to Sweet | Brit + Co

Herbed Butters. To make a tasty herbed butter to be used on toast and biscuits, steamed vegetables, sautés, and chicken or fish, combine about 1 tablespoon of fresh or 1/2 tablespoon of dried herbs in softened butter.