



Full Flavoured Fats Handy Recipes

Yuzu Kosho Butter

Prep Time: 10 minutes

INGREDIENTS

- 1 cup (250 g) unsalted butter, room temperature
- 2 tbsp yuzu kosho, store bought or prepared
- ¼ tsp McCormick® Garlic Powder

METHOD

1. Place butter, Yuzu Kosho and garlic in medium bowl. Puree with stick-blender until well blended and smooth.
2. Spoon butter onto a sheet of plastic wrap. Roll into a log about 3 cm in diameter. Wrap tightly and refrigerate until firm. Refrigerate up to 1 week or freeze for up to 1 month.

Did you know?

Yuzu kosho is a Japanese condiment made from fresh chillies (usually green) combined with the rind and juice of the fragrant tart yuzu, similar to a Japanese Tabasco. It can be bought from Asian supermarkets.



Roasted Blueberry and Cinnamon Vegan Butter

Prep Time: 10 minutes

Cook Time: 10 minutes

INGREDIENTS

- 1 cup (250 g) fresh blueberries
- 1 tbsp (20 mL) agave nectar
- 1 tsp (5 mL) McCormick® Ground Cinnamon
- 1 tsp (5 mL) Pure Vanilla Extract
- 1 x 125 g vegan butter, softened

METHOD

1. Preheat oven to 190°C. Place blueberries in medium bowl. Toss with agave nectar, cinnamon and vanilla to coat. Transfer to baking paper lined baking tray, scraping syrup from bowl as needed.
2. Roast 10 minutes or until berries begin to burst. Cool berries for 15 minutes.
3. Place blueberries, including any pan juices, in bowl of food processor. Pulse until blueberries are coarsely chopped. Add butter, process until well blended and smooth.
4. Spoon butter onto plastic wrap. Roll into a log about 2.5cm in diameter. Wrap tightly and refrigerate until firm. Refrigerate up to 1 week or freeze up to 1 month.

Test Kitchen notes for students:

- If using an unsalted or low salt plant-based butter, add a sprinkle of sea salt if desired.
- For a twist, make a quick nut butter, by substituting ½ cup soaked, raw cashews for the plant-based butter.



How to make cultured butter

It's important to only use high-quality heavy, full fat cream. Please note: whipping creams often contain thickeners and gums, and can inhibit the process of culturing.

Traditional cultured butter is made from heavy cream to which we have added cultured buttermilk (or cultured sour cream or creme fraiche). Plain unsweetened yogurt with live cultures also works.

Cultured Butter

Makes: approx. 350g

INGREDIENTS:

- 4 cups high quality heavy cream, no stabilisers added
- 2 ½ tbsp (50 mL) culturing agent (eg buttermilk or plain unsweetened yogurt with live cultures, or even cultured sour cream or creme fraiche)
- ¼ tsp sea salt, optional

METHOD:

Step 1: Culture the Cream

1. Combine the cream and culturing agent in a lidded container.
2. Allow mixture to sit at **room temperature** (roughly 20°C to 25°C) for at least 24 hours and up to 48+ hours. The mixture will thicken and have a stronger, more pronounced tangy, sour flavour as it ferments.
3. Transfer the cream mixture to the refrigerator to chill for at least one hour. This will ensure that the butterfat will stay firm and not become greasy during churning.

Step 2: Churning in an Electric Stand Mixer

1. Place the chilled cream mixture in the bowl of stand mixer fitted with a whisk attachment.
2. Cover the stand mixer with a clean kitchen towel (this will help absorb any splattering) and whip over **MEDIUM-HIGH** speed until the mixture has thickened and has the texture of a soft whipped cream. Reduce the mixer speed to **MEDIUM-LOW** and continue whipping until the liquid and butter fat just begin to separate and it looks curdled.
3. Reduce speed to **LOW** - be sure to cover the mixer as it can splatter considerably at this stage - and continue whipping until the butter comes together as a solid mass on the whisk attachment.

Step 3: Strain the Buttermilk

1. Set a large fine-meshed sieve over a large mixing bowl. You can line the sieve with a clean chux cloth or muslin.
2. Gently pour over the liquid (this is real buttermilk!) then transfer the mass of butter to the sieve.
3. Using a spatula, gently press the butter against the sieve to release any additional liquid - without pushing the butter through the sieve.
4. Transfer the buttermilk to a covered container and refrigerate. Homemade buttermilk can be stored in the fridge for one to two weeks.

Step 4: Wash the Butter

1. Transfer the mass of butter to the empty mixing bowl. At this step, we will wash the butter repeatedly with very cold water, pressing the butter to release any excess buttermilk. Strain, wash, repeat.
2. The cold water helps to firm up the butter and washing helps remove any excess buttermilk from the butter. This will prevent it from spoiling and extend its storage life. Once the water runs clear and you have drained the liquid, press the butter once more to release any excess water.
3. **Add Salt If Desired:** At this stage, you can choose to mix and stir in salt or other seasonings, if desired.

Step 5: Wrap and Store the Cultured Butter

Divide the butter in half - this recipe makes roughly 350g of cultured butter - shape as desired, wrapping the butter in baking paper. Store in the refrigerator for up to a month or freeze for later use.

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