

LASPLASH.COM: Gourmet Talk

This Spread will Butter You Up...

By Diane Shrago

Gourmet butters have become the chic spread and newest cooking ingredient for adventurous home cooks and professional chefs. The introduction of European style cow milk butters began in the US in the late 1990s but a widespread demand for out of the ordinary butter caught on in 2000. Today, European style butters are in great demand and are beyond being considered a luxury item.



Goat Milk Butter.

A new entry to this growing butter sector, just introduced to California and the Los Angeles area, is European Style Meyanberg Goat Milk Butter. It is pure white due to the absence of carotene and has a lower than regular butter's melting point making it ideally suited as a smooth spread. Our food editor and our chef found this tasty butter to have a wide range of applications including uses in sauces, baking and sautéing. Lightly salted, it can be used in recipes calling for salted or unsalted butter.



Goes great on all kinds of toast.

We found Meyenberg Goat Milk Butter to have an incomparable flavor. Its striking eight-ounce silver foil packaging will attract shopping “foodies” in the dairy or cheese section of Whole Foods, Wild Oats, selected health and natural food and other fine food stores.

Meyenberg Goat Milk Butter is also highly suitable for those that are cow milk sensitive. The caloric count is 110 per tablespoon (14 grams.) The delightful creamy taste of this unique new Goat Milk Butter has an authentic country flavor.

The suggested retail price is somewhat more expensive than regular cow milk butter . . . but well worth the difference. For over a half a century Meyenberg, has been America’s #1 processor and distributor of goat milk. Their product line includes fresh whole, low-fat, evaporated and instant powdered goat milks. And just like its newest sister product, the butter, all Meyenberg Goat Milk Products are a great source of calcium, are all natural and have no preservatives, antibiotics or Bovine Growth Hormone (rBGH). Visit their Web site at www.Meyenberg.com for wonderful goat milk recipes and further nutritional information.

Compound Butters

Meyenberg European Style Goat Milk Butter

Compound butters are a well known secret to professional chefs. They are used as spreads, for giving the “final finish” to beef steaks, pork, poultry and seafood dishes. They add a layer of flavor dimension and moisture to the final dish. This is how the pros do it.

Red Wine & Shallot Goat Butter

½ pound of European Style Goat Butter
 1T shallots, finely diced
 ¼ C. red wine
 ¼ teaspoon salt
 1/8 teaspoon black pepper
 (any herb or spice may be used)

Let goat butter come to room temperature. Combine the shallots and red wine in a sauce pan over medium heat and reduce by half. Let cool to room temperature.

Combine all ingredients in an electric mixer, using a paddle attachment at medium speed and blend until smooth and creamy. Take a piece of plastic wrap, about ten inches long and place it on a flat surface. Using a spatula, place the compounded butter mixture in the center and spread out until it is formed into a two inch high cylinder. Fold the plastic wrap over and while holding the ends, roll the butter in the plastic forming a long sausage roll. Tie the ends and smooth out with your hands. Place the butter in the refrigerator until it hardens.

To use; peel the plastic back from one end exposing the butter and slice off what is needed. Can be stored for several weeks in the refrigerator by resealing the plastic wrap.

Parsley & Garlic Goat Butter

This recipe can be combined with white wine and reduced for a pasta sauce or used to put the final touch on vegetable dishes. It is also superb combined with white wine to steam mussels and/or clams.

To use as a pasta sauce, combine with extra virgin olive oil, salt, pepper and Parmesan cheese or combine with white wine, salt and pepper and reduce over moderate heat until thickened.

Additional ingredients can be used, such as capers, olives and herbs, etc.

1 pound European Style Goat Milk Butter
4 T Italian parsley, chopped
3 t minced garlic
½ t salt

Let the goat butter come to room temperature. Combine all the ingredients in a food processor and mix until it is well blended. Roll out using the same method as above.

Recipes by:

Marty Rogak, Chef/Owner of Fio, a well known bistro in Winnetka, Illinois.

Published Feb 5, 2005

© Copyright 2003-2004 by LA Splash.com