

Butter - Salted (Fats and Oils)

Interesting facts: It takes 21 pints of milk to make a pound of butter. Butter has none of the artificial trans fats (associated with the "bad" cholesterol) you get in margarine if it's from grass-fed cows' milk. It also has CLAs, and equal amounts of Omega 3 and 6 fatty acids. Two tablespoons of butter have about 8 grams of fat. About 30 percent is monounsaturated fat, the same fat in olive oil. Salted butter is much harder to digest than unsalted.

How to store: Keep butter refrigerated in its original wrapper. The foil laminated paper helps prevent spoilage from exposure to light and air, and protects butter from picking up the flavor of other foods. If you wrap it well, once opened, both salted and unsalted butter will keep in the fridge for three weeks.

How to use: There is nothing better than spreading butter on toast or topping vegetables with melted butter. Butter is often used in baked goods as well.

Cooking: When heated, butter develops a magnificent nutty flavor as the milk solids (proteins and sugars) caramelize. When butter is used as a cooking medium, such as for sautéing vegetables, it complements and enhances the flavors to the food that is being cooked in it. It also adds complexity to the flavor of sauces. Use for medium to high heat cooking.