

Mark's Kitchen

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HERBED COMPOUND BUTTER

Makes: 1 pound

Ready in: 15 minutes

Just in time for the [Eat Fat, Get Thin Challenge](#), this recipe from my new cookbook, [Eat Fat, Get Thin Cookbook](#), will make your food simply irresistible. Compound butter is a fantastic delivery system for rich flavor and good-quality fat. Melt this delicious butter into Pegan Diet–approved cooked vegetables. Slice 1/4-inch pats of the chilled butter and place them on fish or chicken before baking, or set them on top of just-cooked steaks and allow the butter to melt onto the meat.

Ingredients:

- 1 pound unsalted, grass-fed butter, cut into cubes, at room temperature
- 1/2 cup loosely packed fresh parsley leaves
- 2 tablespoons roughly chopped fresh mint leaves
- 1 tablespoon fresh rosemary leaves, minced
- 2 sprigs thyme, leaves only, roughly chopped
- 2 teaspoons sea salt
- 1/4 teaspoon freshly ground black pepper

Step 1: In a food processor, pulse the butter cubes to break them up, 4 or 5 pulses. Scrape down the bowl and process until the butter is creamy and smooth, about 45 seconds. Add the herbs, salt, and pepper and process until well combined, about 1 minute.

Step 2: Cut a 12-inch square of parchment paper and lay it on the counter. Scoop the butter onto the bottom quarter of the parchment and form the butter into a log about 4 inches long, using the parchment paper to help you create a compact log. Wrap the log in the parchment and twist the ends so the package resembles a wrapped candy.

Step 3: Refrigerate until the butter is firm, at least 2 hours or up to 6 days, or freeze for up to 3 months.

Nutritional analysis per serving (2 tablespoons): Calories: 212, Fat: 24 g, Satu-rated Fat: 16 g, Cholesterol: 60 mg, Fiber: 0 g, Protein: 0 g, Carbohydrates: 2 g, Sodium: 290 mg