

Knowledge @ Noon

Dips and Spreads



Photo Source: Purdue University

Wednesday, Sept 20th, 2023

Marais Des Cygnes Extension District

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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COMPOUND BUTTERS

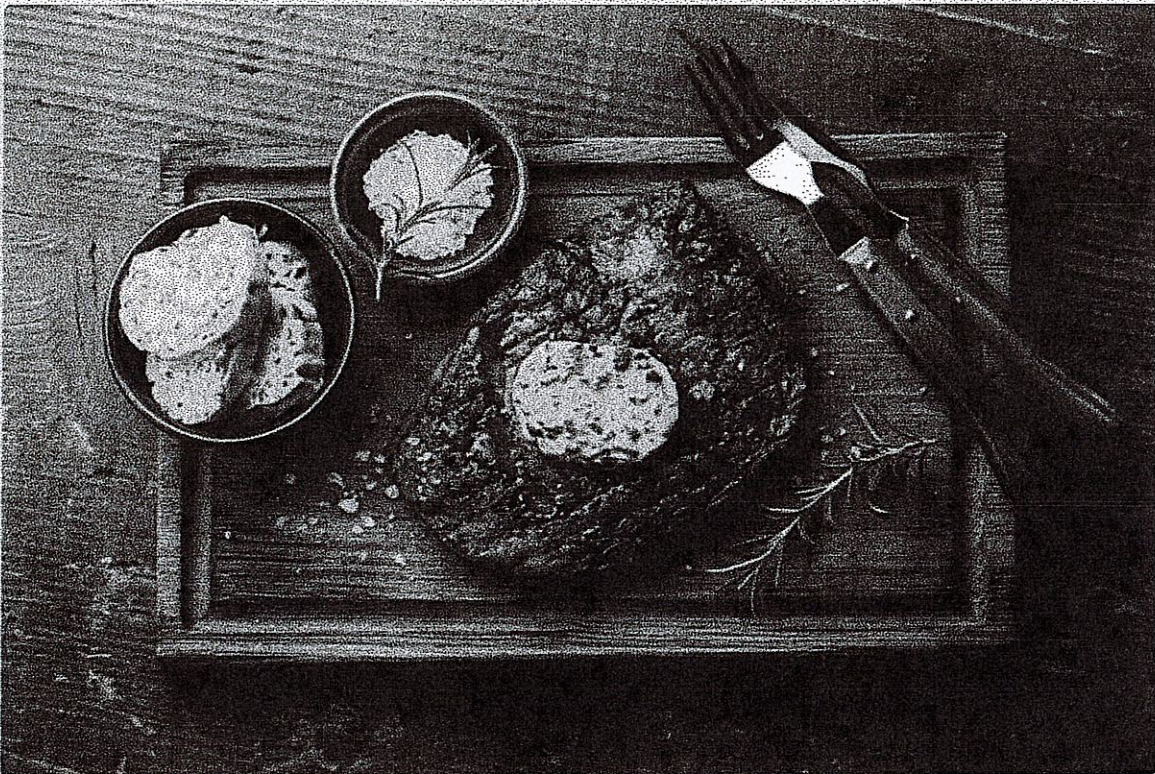
How to make it

It's very easy to make compound butter at home. Here are the basics:

- Place the softened butter in a mixing bowl then add the other ingredients. Stir it really well to make sure the ingredients are evenly incorporated.
- Place a sheet of parchment paper on a flat surface. Put the mixture into the center of the paper to as close to a log shape as you can. Fold up the sides of

the paper and use your hands to press the butter into a log. Twist the ends of the paper.

- Refrigerate for 30 minutes, then reform into a log (sometimes the bottom of the log will get a bit flat). Place in the freezer for one hour.
- Slice into 8 rounds and use to top your steak, chicken, fish or warm bread.
- The entire log or separate rounds can be refrigerated for up to one month and frozen for up to three months.
- You can also put it in a small dish and skip forming it into a log. In that case, it can go straight into the refrigerator after mixing. This is what I usually do unless I'm serving it for guests.





How long does compound butter last?

Depending on the ingredients, it will last at least a week in the refrigerator. Anything with fresh ingredients, such as herbs, should be used within a week. Other versions can last two weeks or longer.

Can you freeze compound butter?

Yes, it can be frozen for up to three months. It's also fairly easy to slice from frozen, so if I haven't used mine up within a week of making it, I'll put it in the freezer until I'm ready.

Which flavor should I use for steak, chicken and/or fish?

Here's a list of the compound butter recipes in this post as well as what each is best served with. All of them will work for just about anything, and these are just suggestions. Try adding a small amount of the compound butter to your steak, chicken or fish.  

Butter and J

- **Garlic Herb** - best with steak, chicken or fish
- **Chipotle** - best with chicken or fish
- **Orange Apricot** - best with chicken
- **Basil** - best with chicken or fish
- **Jalapeño Lime** - best with steak, chicken or fish
- **Sundried Tomato** - best with steak, chicken or fish
- **Tarragon** - best with steak, chicken or fish
- **Blue Cheese** - best with steak
- **Truffle** - best with steak

Compound butter is most commonly used to top steak, chicken, or fish. It's delightful and so easy to make! Keep some on hand for an easy weeknight meal that will make you glad it's not the weekend.

COMPOUND BUTTERS

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Ingredients

Garlic Herb

- 1/2 cup high-quality unsalted butter, softened
- 2 garlic cloves, minced
- 1 tbsp chopped fresh oregano
- 1 tbsp chopped fresh rosemary
- 1 tbsp chopped fresh chives
- 1/4 tsp coarse salt
- 1/4 tsp freshly ground black pepper

Chipotle

- 1/2 cup high-quality unsalted butter, softened
- 1 1/2 tablespoons chipotle pepper, seeded and minced
- 2 teaspoons fresh lime juice
- 1/4 tsp coarse salt

Orange Apricot

- 1/2 cup high-quality unsalted butter, softened
- 2 tbsp apricot jam
- 1 tbsp orange liqueur
- zest from one whole orange
- 1/4 tsp coarse salt

Basil

- 1/2 cup high-quality unsalted butter, softened
- 2 cloves garlic
- 1 handful fresh basil
- 1/4 tsp coarse salt
- 1/8 tsp freshly ground black pepper

Jalapeño Lime

- 1/2 cup high-quality unsalted butter, softened
- 1/2 jalapeno pepper, minced
- juice of 1/2 lime
- 1/4 tsp coarse salt

Sundried Tomato

- 1/2 cup high-quality unsalted butter, softened
- 2 garlic cloves, minced
- 2 tbsp finely chopped fresh basil

- 1/3 cup finely chopped sundried tomatoes
- 1/4 tsp coarse salt
- 1/8 tsp freshly ground black pepper

Tarragon

- 1/2 cup high-quality unsalted butter, softened
- 2-3 tbsp finely chopped fresh tarragon
- 2 tbsp finely minced onion
- 1 garlic clove, finely minced
- 1/2 tsp lemon zest
- 1/4 tsp coarse salt
- 1/2 tsp freshly ground black pepper

Blue Cheese

- 1/2 cup high-quality unsalted butter, softened
- 1/2 cup blue cheese or gorgonzola (add more or less to suit your tastes)
- 1/4 tsp coarse salt
- 1/8 tsp freshly ground black pepper

Truffle

- 1/2 cup high-quality unsalted butter, softened
- 1 tbsp grated truffles (more or less to taste)
- 1/2 tsp coarse salt

Get Ingredients

Powered by  chicory

Instructions

1. Place the softened butter in a mixing bowl then add the other ingredients. Stir well to make sure the ingredients are evenly incorporated.
2. Place a sheet of parchment or waxed paper on a flat surface. Dollop the butter into the center of the paper to as close to a log shape as you can. Fold up the sides of the paper and use your hands to press the butter into a log. Twist the ends of the paper.
3. Refrigerate for 30 minutes, then reform into a log (sometimes the bottom of the log will get a bit flat). Place in the freezer for one hour.
4. Slice into 8 rounds and use to top your steak, chicken, fish or warm bread.
5. The entire log or separate rounds can be refrigerated for up to one month and frozen for up to three months.
6. You can also put the butter in a small dish and skip forming it into a log. In that case, it can go straight into the refrigerator after mixing. This is what I usually do unless I'm serving it for guests.

Notes

The nutritional information was calculated using only 1/2 cup unsalted butter, 1/4 tsp coarse salt and 1/4 tsp freshly ground black pepper. Any additional ingredients should be calculated separately.

Nutrition Information: YIELD: 4 SERVING SIZE: 1

Amount Per Serving: CALORIES: 204 TOTAL FAT: 23g SATURATED FAT: 14g
TRANS FAT: 0g UNSATURATED FAT: 8g CHOLESTEROL: 61mg SODIUM: 148mg
CARBOHYDRATES: 0g FIBER: 0g SUGAR: 0g PROTEIN: 0g

This data was provided and calculated by Nutritionix.

© Kristy Bernardo

CUISINE: French / CATEGORY: Seasonings



Kristy Bernardo

Kristy Bernardo is the recipe creator behind The Wicked Noodle. She's a five-time cookbook author, has taught cooking classes to both kids and adults, and has been creating recipes for nationwide brands since 2009. She learned most of her cooking skills from her mom and grandmother, then honed those skills at boot camp at the Culinary Institute of America.

By Kristy Bernardo

Last updated: August 19, 2022

Sauces

Kristy's Favorites Less than 10 ingredients

Compound Butter Recipe ★★★★★

Learn how to make your own compound butter with this easy and adaptable recipe.

Course Condiment **Cuisine** American **Prep Time** 10 mins **Chilling time** 2 hrs

Total Time 2 hrs 10 mins **Servings** 1 cup of compound butter **Calories** 611

Author [Michelle](#)



Ingredients

- ½ cup unsalted butter very soft
- Pinch of salt

For Herbed Butter:

- 1 tablespoon minced rosemary
- 1 tablespoon minced sage
- 1 tablespoon minced thyme
- Or, 3 tablespoons of your favorite herbs

For Honey Butter:

- 1 tablespoon honey

For Vanilla-Cinnamon Butter:

- 1 vanilla bean split lengthwise, seeds scraped out and added to the butter, pod discarded
- 1 teaspoon ground cinnamon

Instructions

1. Place the softened butter in a medium bowl, cut into pieces and add a pinch of salt.
2. Add your herbs or flavorings and use a rubber spatula to fold and mix until the add-ins are completely incorporated and evenly distributed throughout the butter.
3. Transfer the butter to a piece of plastic wrap. Shape and roll it into a log about 6 inches in length. Twist the plastic wrap at the ends to seal. Refrigerate for at least 2 hours before serving to allow the flavors to meld. (Alternatively, you can transfer the butter to a small bowl or ramekin and cover with plastic wrap.)

Notes

- **Shaping:** The most common way to shape compound butter is in the log, as described above. You can also store your compound butter in a butter dish with plastic wrap.
- **Storing:** Fresh herbs in compound butter last about 1 week in the refrigerator. If you made compound butter without fresh herbs it can keep for up to 2 weeks in the refrigerator.
- **Freezing:** For longer storage, keep your wrapped compound butter in the freezer for up to 3 months.

Nutritional values are based on the whole recipe

Nutrition

Calories: 611kcal | Carbohydrates: 16g | Protein: 1g | Fat: 62g | Saturated Fat: 39g | Cholesterol: 162mg | Sodium: 29mg | Potassium: 28mg | Fiber: 2g | Sugar: 11g | Vitamin A: 2155IU | Vitamin C: 8.3mg | Calcium: 94mg | Iron: 1.7mg

Compound Butter Recipe | <https://www.browneyedbaker.com/how-to-make-compound-butter/> | October 7, 2021

Filet with Roasted Garlic Butter



Recipe courtesy of Ree Drummond

Show: The Pioneer Woman Episode: Home Sweet Home: Ladd's Birthday

Level: Easy

Total: 2 hr 35 min

(includes chilling and resting time)

Active: 25 min

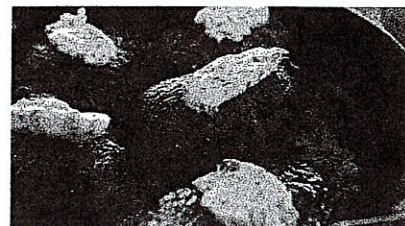
Yield: 4 servings

Ingredients:

10 cloves garlic
 3 tablespoons olive oil
 Kosher salt and freshly ground black pepper
 1 cup (2 sticks) salted butter, plus 1
 tablespoon for the steak pan
 1/2 cup chopped fresh parsley
 2 tablespoons chopped fresh chives
 1 tablespoon chopped fresh thyme
 2 teaspoons crushed red pepper
 Four 2-inch thick beef filet steaks (8 to 10
 ounces each)

Directions:

- 1 Preheat the oven to 375 degrees F.
- 2 Place the garlic cloves in a small ovenproof dish. Drizzle with 2 tablespoons of the olive oil and sprinkle with salt and pepper. Cover with foil and roast in the oven until the garlic is golden and soft, about 45 minutes. Set aside to cool completely.
- 3 To a large bowl, add the softened butter, parsley, chives, thyme, red pepper and the roasted garlic. Using a spatula, mix everything together until well combined. Lay out a large piece of plastic wrap and add the butter in a long strip down the middle. Pull one side of the plastic wrap over the butter and gently form it into a log. Tightly twist the ends like a candy wrapper, until everything is nice and tight. Transfer to the fridge for a couple hours to harden. (Butter can be made ahead; it will keep for 1 week in the fridge.)
- 4 When you are ready to cook the steaks, preheat the oven to 450 degrees F.
- 5 Sprinkle the steaks liberally with salt and pepper. Add the remaining tablespoon each olive oil and butter to an ovenproof skillet and place over a medium-high heat. When the oil is hot and the butter is melted, place the steaks in the skillet and cook until well browned, about 1 minute per side.
- 6 Place the skillet in the oven and cook the steaks for 4 to 5 minutes for medium-rare. Remove from the oven and top each steak with a thick slice of the garlic butter. Loosely cover with foil and allow to rest for 8 to 10 minutes.



Rib Eye Steaks with Cowboy Butter



Recipe courtesy of Ree Drummond

Show: The Pioneer Woman Episode: Us and Them

Level: Easy

Total: 45 min (includes chilling time)

Active: 25 min

Yield: 4 servings

Ingredients:

Cowboy Butter:

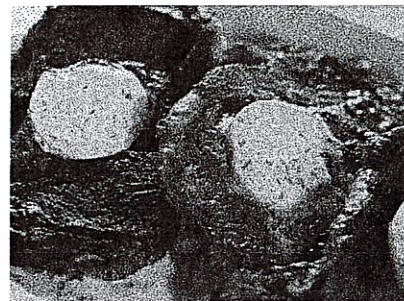
- 2 sticks salted butter, softened
- 1/3 cup finely minced fresh parsley, plus more if needed
- 1/4 teaspoon red pepper flakes
- A pinch of coarsely ground black pepper, plus more if needed
- 1 clove garlic, finely minced
- 1 lemon, zested and halved
- Salt, optional

Steaks:

- Salt and freshly ground black pepper
- 4 rib eye steaks, 2 inches thick
- 2 tablespoons butter

Directions:

- 1** For the cowboy butter: Well in advance, make the cowboy butter. Place the softened butter in the bowl of a mixer fitted with a paddle attachment. Whip the butter until it's fluffy. Add the parsley, red pepper flakes, black pepper, garlic, lemon zest and the juice of half the lemon. Mix it until it's totally combined, scraping the sides as needed. Add more parsley, more lemon juice, more pepper or salt if you'd like.
- 2** Lay out a long piece of plastic wrap and scoop the butter mixture in a long strip down the middle of it. Carefully pull one side of the plastic wrap over the butter, squeezing it gently to form it into a log. Continue to roll the log of butter into a roll. When it's all rolled up, twist the ends (like a piece of candy) until they become very taut (this means the butter is pressing together inside the plastic to form a cohesive roll). Place the roll of butter into the fridge so it will harden, or into the freezer if you need to speed along the process.
- 3** For the steaks: Preheat the oven to 475 degrees F. Sprinkle salt and pepper on both sides of the steaks.
- 4** Melt the butter in a heavy ovenproof skillet over medium-high heat. When it's melted and golden brown, sear the steaks for about 45 seconds per side. Set in the oven to finish, about 3 minutes.
- 5** Lay a thick slice of cowboy butter on top of each steak so it will begin to melt. Serve within 5 minutes.



Cook's Note

Other uses for cowboy butter: Stir into cooked pasta, lay a pat on grilled chicken or fish, stir it into rice or spread on crusty French bread.

Best Fruit Dip

This fruit dip is really light and fluffy. Great to serve with your favorite fruit at parties, holidays, or any time!

Recipe by **Crystal Gossett** | Updated on February 15, 2023

 Tested by **Allrecipes Test Kitchen**

Prep Time: 5 mins

Total Time: 5 mins

Ingredients

1 (8 ounce) package cream cheese, softened

1 (7 ounce) jar marshmallow creme

Directions

Step 1

Gather cream cheese and marshmallow creme.

Step 2

Place cream cheese and creme in a medium bowl

Step 3

Blend cream cheese and marshmallow creme with an electric mixer until smooth and well combined.

Step 4

Serve with fruit and enjoy!

Nutrition Facts

Per serving: 118 calories; total fat 7g; saturated fat 4g; cholesterol 21mg; sodium 68mg; total carbohydrate 13g; total sugars 8g ; protein 2g; calcium 15mg; iron 0mg; potassium 23mg

Build Your Own Sweet Dips



- Step 1: Pick a base like Greek Yogurt
- Step 2: Add flavor with Peanut Butter or Jam
- Step 3: Jazz it up with Cinnamon, Honey, or Vanilla Extract
- Step 4: Pick your Produce like Carrots, Celery, Strawberry or Apples

- Mix your ingredients together and enjoy!

Food Safety- Dips

Need a simple dip recipe? Whether you are looking for a dip recipe to enjoy as a snack or bring to a party, enjoy these dip recipes made from items commonly found in your fridge or cupboards. Serve with fruit, vegetables, whole grain crackers, or chips.

Perishable foods like dips and cut fruit and vegetables should not sit at room temperature for more than two hours, total time. If you will be serving dip for a longer period than this, set out a smaller bowl of dip and then replace it with another one when it is empty. DO NOT add fresh dip to dip that has been sitting out. Use any dip that has not been served within three to four days of preparation date.

University of Nebraska Extension

Apple Berry Salsa - Low Sugar

- 4 Kiwi , peeled
- 2 Granny smith apples(peeled and chunked)
- 1 sm can mandarin oranges (drained)
- 1 pint frozen or fresh strawberries
- 1 pkg sugar-free dry strawberry jello

Chop and mix all in food processor.until smooth.

Chips:

Cut medium size flour tortillias into 8 triangles or cut small flour tortillas into 4 triangles. Arrange close together, but not overlapping on a paper towel. Spray with water and sprinkle with a cinnamon and sugar mixture. Transfer to a baking sheet and bake at 400 degrees F. until crisp(8-10 min). Serve with Apple Berry Salsa

submitted by Barbara Wilson, MFV

Nutrition Facts	
Servings: 15	
Amount per serving	
Calories	42
	% Daily Value*
Total Fat 0.2g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 10.5g	4%
Dietary Fiber 1.9g	7%
Total Sugars 7.6g	
Protein 0.6g	
Vitamin D 0mcg	0%
Calcium 13mg	1%
Iron 0mg	2%
Potassium 154mg	3%

Pumpkin Fruit Dip (ON THE COVER)

leer en español

INGREDIENTS:

- 1 can (15 ounce) pumpkin (about 1 cup cooked pumpkin)
- 1 cup low-fat ricotta cheese or plain yogurt or low-fat cream cheese
- 3/4 cup sugar
- 1 1/2 teaspoons cinnamon
- 1/2 teaspoon nutmeg

DIRECTIONS:

1. In a large bowl, combine pumpkin, ricotta cheese or yogurt or cream cheese, cinnamon and nutmeg.
2. Add sugar a little at a time to reach desired sweetness. Stir until smooth.

Refrigerate leftovers within 2 hours.

Quick Tips

Serve with apple slices, bananas or grapes.

Try using a mixture of ricotta, yogurt, or cream cheese.

For a smoother texture, use a hand mixer or food processor to mix ingredients.



Prep time:
5 minutes



Cook time:
none



Servings:
3 cups

Nutrition Facts

Serving Size 2 tablespoons (32g)
Servings Per Container 26

Amount Per Serving

Calories 40 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 25mg **1%**

Total Carbohydrate 8g **3%**

Dietary Fiber 1g **4%**

Sugars 7g

Protein 1g

Vitamin A 40% • **Vitamin C 0%**

Calcium 2% • **Iron 0%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Garbanzo Bean Dip

Serves: 8 Cost/Serving: \$0.13 Serving Size: 3 tablespoons

INGREDIENTS

- 1 can (15 ounces) garbanzo beans (chickpeas) or great northern beans (drained and rinsed)
- 2 tablespoons oil (canola or vegetable)
- 1 tablespoon lemon juice
- 2 tablespoons onion, chopped
- 1/2 teaspoon salt

INSTRUCTIONS

- 1 Mash beans in a small bowl until they are smooth.
- 2 Stir in oil, lemon juice, onion, and salt.
- 3 Refrigerate leftovers.

TIPS

Serve on bread, crackers, or homemade pita chips, or as a dip with raw vegetables.

Nutrition Facts

8 Servings Per Recipe

**Serving Size: 3
Tablespoons**

Amount Per Serving

Calories 80

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 290mg 13%

Total Carbohydrates 8g 3%

Dietary Fiber 2g 7%

Total Sugars 2g

Includes 0g Added
Sugars 0%

Protein 3g

Vitamin D 0 mcg 0%

Calcium 19 mg 2%

Iron 1 mg 6%

Potassium 82 mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.

IOWA STATE UNIVERSITY
Extension and Outreach

1 2 3 Dip

- 1 can Rotel
- 2 pounds ground sausage
- 3 packages cream cheese

Cook sausage and drain. Stir in Rotel and cream cheese until cheese is melted. Put in a crock pot and serve with chips for dipping.

B L T Dip

- 1 lb. bacon
- 2 medium tomatoes
- 1 C sour cream
- 1 C mayonnaise

Mix together

Toast a loaf of bread and cut into small pieces for dipping.

Taco Dip

- 1 can of refried beans
- 1 pound of hamburger cooked and drained
- ½ package taco seasoning added to ground beef and mixed well

Spread beans on a serving plate or pizza pan and top with seasoned ground beef. Top with grated Mexican blend cheese, shredded lettuce, dollops of salsa and sliced black olives. Serve with tortilla chips for dipping.

submitted by Debi Doering, MFV

Nutrition Facts

123 Dip

Servings: 20

Amount per serving

Calories **274**

% Daily Value*

Total Fat 24.7g	32%
Saturated Fat 11.6g	58%
Cholesterol 76mg	25%
Sodium 489mg	21%
Total Carbohydrate 1.3g	0%
Dietary Fiber 0g	0%
Total Sugars 0.1g	
Protein 11.5g	
Vitamin D 0mcg	0%
Calcium 36mg	3%
Iron 1mg	6%
Potassium 187mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Nutrition Facts

BLT Dip

Servings: 20

Amount per serving

Calories **195**

% Daily Value*

Total Fat 15.8g	20%
Saturated Fat 5.2g	26%
Cholesterol 33mg	11%
Sodium 614mg	27%
Total Carbohydrate 4.1g	1%
Dietary Fiber 0.2g	1%
Total Sugars 1.1g	
Protein 9g	
Vitamin D 0mcg	0%
Calcium 19mg	1%
Iron 0mg	2%
Potassium 175mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**

Nutrition Facts	Taco Dip
Servings: 21	
Amount per serving	
Calories	42
	% Daily Value*
Total Fat 1.4g	2%
Saturated Fat 0.7g	3%
Cholesterol 16mg	5%
Sodium 37mg	2%
Total Carbohydrate 0.9g	0%
Dietary Fiber 0.2g	1%
Total Sugars 0g	
Protein 6g	
Vitamin D 0mcg	0%
Calcium 3mg	0%
Iron 1mg	4%
Potassium 101mg	2%

MAKE EASY DIPS WITH SEASONAL TOMATOES

Bruschetta

Ingredients

- 1 pound chopped tomatoes
- 3 tablespoons basil leaves, thinly sliced
- 1 ½ teaspoons garlic, finely minced
- 1 1/2 teaspoons balsamic vinegar
- 1 tablespoon olive oil
- ¼ teaspoon salt
- black pepper to taste

Directions

Drain juice off of chopped tomatoes and toss in a bowl with all ingredients except balsamic glaze. Let sit for at least 15 minutes, then use as a topping on the bruschetta toast. Drizzle with balsamic glaze (optional).

Bruschetta Toast

Ingredients

- ½ of baguette
- 2 tablespoons olive oil
- 1 teaspoon garlic, finely minced
- Parmesan cheese (shredded or grated) for topping

Directions

1. Mix the minced garlic with the olive oil and set aside.
2. Preheat oven to 400°F and place the rack in the center of the oven. Cut toasts into 1/2" thick slices, slicing diagonally. Dip a brush into the olive oil garlic mixture and brush on both sides of the toast before placing on a baking sheet. Top with Parmesan cheese to taste.
3. Bake for around 5 minutes, or until the bottom of the toast is golden brown. Then broil on high heat for 1 to 2 minutes or until the edges are golden brown.

Pico Di Gallo

Ingredients

- 2 cups chopped tomatoes
- 1/3 cup green onions, finely chopped
- 1 – 2 tablespoons chopped jalapeño, seeds removed
- 2 tablespoons fresh cilantro, finely chopped
- 1 small clove garlic, finely minced
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- Juice of 1 lime
- 1/8 teaspoon ground cumin

Directions

1. In a medium bowl, combine all ingredients until well combined. Tastes best if you let sit 15 minutes before serving. Most commonly served with tortilla chips.
2. Pico also makes an excellent topping for tacos, burrito fillings, quesadillas, and salads. Toss into eggs, mac and cheese, or grilled shrimp for added tanginess. Great topping for a chicken or cheeseburger, along with melted cheddar and avocado. To make other dips, mix it into sour cream and garnish with chives, or mash up an avocado with a spoonful for a quick guacamole fix.

WRITTEN BY



Margie Mansure

Extension Agent, Family and Consumer Sciences - Nutrition and Foods
N.C. Cooperative Extension, Watauga County Center

Honey Butter

Author: Cookie and Kate Prep Time: 5 minutes Total Time: 5 minutes Yield: 3/4 cup 1x

Category: Condiment Method: Whipped Cuisine: American Diet: Gluten Free

★★★★★ 4.9 from 10 reviews

This honey butter is so easy to whip together! A final drizzle of honey and sprinkle of salt make it utterly irresistible. Recipe yields about 3/4 cup—double it for a crowd.



SCALE 1x 2x 3x

INGREDIENTS

- One stick of unsalted butter (4 ounces or 8 tablespoons), softened
- 3 tablespoons honey
- ¼ teaspoon ground cinnamon
- 1/8 teaspoon fine salt
- For garnish: Drizzle of honey, and a sprinkle of flaky sea salt or kosher salt

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meal plans and more.

INSTRUCTIONS

1. In a 2-cup liquid measuring cup (or other small, shatter-proof mixing bowl with tall sides), combine the softened butter, honey, cinnamon and salt.
2. Using a hand mixer, whip the ingredients together until the butter is light and fluffy.
3. Transfer the mixture to a small serving bowl. Lightly drizzle honey on top, followed by a little sprinkle

of flaky salt or kosher salt.

4. Serve promptly, or refrigerate for later (let the mixture come back to room temperature before serving). Leftovers keep well in the refrigerator, covered, for up to 5 days.

NOTES

Change it up: The cinnamon is technically optional but quite nice. You might enjoy other warming spices, like [pumpkin spice blend](#), a dash of nutmeg or even some freshly ground black pepper. Maple syrup will work in place of the honey.

► NUTRITION INFORMATION

Did you make this recipe?

Please let me know how it turned out for you! Leave a comment below and share a picture on [Instagram](#) with the hashtag [#cookieandkate](#).

Recipe from Cookie and Kate: <https://cookieandkate.com/honey-butter-recipe/>