

Herbed Butter



Ingredients

- **½ cup cream (not too chilled)**
- **½ to 1 clove of garlic**
- **Large pinch of salt**
- **½ teaspoon dried herbs**



Instructions

- 1.** Add cream, garlic, salt and herbs to a jar with a lid.
- 2.** Secure the lid and shake vigorously for 1-3 minutes, until the cream turns into butter.
- 3.** Pour off the whey and shake again to remove as much whey as possible.
- 4.** Remove the butter and place it in an ice-cold water bath.
- 5.** Gently squeeze the butter to remove any remaining whey. Repeat with cold water if needed.
- 6.** Once all the whey is removed, place the butter in clean, cold water.
- 7.** Remove and pat dry. Serve or refrigerate.





Upcycled Spices

Ingredients

- **Vegetables/peelings of your choice: onion, capsicum, carrot, parsnip, celery, garlic, chilli, citrus peel, etc.**
- **Brown sugar**
- **Salt**



Instructions

- 1.** Finely chop your vegetables and peelings. The thinner they are, the quicker they will dry.
- 2.** Spread them evenly across the dehydrator shelves. Keep garlic cloves whole, with the skin on if desired.
- 3.** Dehydrate until completely dry. This can take 1-3 days, depending on the vegetable and the thickness.
- 4.** Blend dried vegetables into a fine powder. Keep each vegetable separate if you want more control of the flavour.
- 5.** In a jar, combine 1 tsp brown sugar with every 4 tsp salt.
- 6.** Add the dehydrated vegetable powders to taste. Start with at least 1 tsp of each, then adjust to your liking.

