

Make Yours a **BUTTER** Home!

Good Cooks the world over know that nothing tastes like butter—except butter. Nothing else brings out the full flavour of other ingredients. Home-made flavours means the good taste that butter—only butter—gives to your cooking.



**nothing
equals
the good
taste of
Butter**

Butter has the most attractive flavour of all foods—its soft texture and ready melting give a cooling effect on the tongue. Butter has a very high nutritive value and is the chief source of vitamin A in the diet. It has a high fat content and is therefore a powerful source of energy.

Inserted by

THE DAIRY PRODUCTS MARKETING BOARD of W.A.

EDITOR: Latest research in medical journals shows that butter is not the villain we have been led to believe. Margarine, particularly the trans fatty acids resulting from the manufacturing process, causes increased levels of heart disease. The saturated fats in butter are in fact, a necessary part of our dietary needs.

SOUPS AND STARTERS

Today we can make a meal of a plate of soup. Mum used to have a pot of soup on the stove on cold days for when we got home from school. Boiled up bones, shanks, neck bones, chicken carcasses etc were another source of gelatine as well as many other essentials including fats. Our bodies need a certain amount of saturated fats for brain and hormone function particularly, so don't be afraid of having some fat in our diet.

Vegetable water is full of leached vitamins and minerals and so should also be used for stock, soups, gravy, white sauce etc so that we don't lose these essential ingredients. People today don't seem to have the time to make their own soup. There are some quick and easy tasty soups in the next pages, as well as some traditional soups.

Stock

Use scraps of meat, cooked or raw bones – beef, lamb, mutton, chicken.

Root vegetables – eg carrots, onion, celery, potato, parsnips, vegie peels.

Herbs – bouquet garni, parsley, peppercorns, clove, bay leaf etc.

Cold water or reserved vegetable water to cover.

Simmer with lid on for 2-3 hours. Strain before using or freezing. If left to go cold, the fat sets on the top and can easily be lifted off with a spoon.

NB the better quality the ingredients, the more nutritious the stock.



Quick Vegetable Soup

Left over cooked vegetables

1 onion diced

stock or stock cubes

1 tsp mixed herbs / salt / pepper

Place all ingredients in a saucepan and boil for 3 mins. Mash and/or blend to desired texture. Add milk for a creamier soup or other leftovers like gravy and peas. Don't over cook or reheat too many times unless you are a blood group.