



1/2 cup



15 minutes

## spring onion & lemon butter

### ingredients:

- 1 stick {8 tablespoons} butter, softened to room temperature
- 1 tablespoon lemon zest or finely diced preserved lemon peel
- 1 tablespoon finely chopped wild onions, spring onions, fresh chives or fresh green onions
- 1 clove of garlic, grated
- pinch of sea salt
- 1 teaspoon black pepper

### instructions:

1. Let butter soften to room temperature.
2. While softening, zest the lemon or finely dice the preserved {fermented} lemon peel.
3. Grate the clove of garlic.
4. Chop the wild onions into tiny pieces.
5. Add lemon peel, garlic and wild onions to a bowl with the butter. Mix until well-incorporated.
6. Add a pinch of sea salt {maybe a bit more if the butter is unsalted} and black pepper. Mix again.
7. Put butter mixture into a ramekin or small bowl, cover, and let firm up in the fridge for at least an hour.
8. Serve with toasted sourdough bread and enjoy!

### The cuisine of health

- Which butter is better?
  - Ideally, you have fermented, homemade butter. But in case you don't {I definitely don't right now}, butter from raw milk is next best. This is the most digestible butter with the highest nutrient value.
  - If you don't have access to either, organic, pasture-raised, grass-fed, low temperature pasteurized milk is next.
  - Or you can just go for it and use your butter of choice!
  - Avoid using homogenized milk or homogenized milk products if you can.