

Important Note: Only the *weight* of the cocoa butter is given in the recipe, for the simple reason that my testers and I discovered through trial and error that 3.85 oz./109 g of some brands of cocoa butter measures out to 1 cup when melted, but other brands measure out to less than that. After some experimenting, we came to the conclusion that it is the *weight* of the cocoa butter that is the essential measurement, so the best practice is to weigh it accurately before melting.

PALM OIL-FREE VEGAN BUTTAH (SOLID AND TUB VERSIONS)

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A delicious trans-fat-free, non-hydrogenated buttery spread to use just as you would butter or margarine. It is low in saturated fats (unlike coconut oil-based recipes) and the monounsaturated fat (the most healthful fat) content is higher than both the saturated and polyunsaturated fats. Buttah can be nut-free, coconut-free, gluten-free, soy-free, corn-free, and can be made with organic and fair trade ingredients. If you have any questions, contact me via <https://www.facebook.com/bryannaclark.grogan>

1/2 cup of your favorite non-dairy milk- "Original" type
2 teaspoons liquid soy or sunflower lecithin (*there are organic varieties available*)
1/2 teaspoon lemon juice (*if allergic to citrus, use unseasoned rice vinegar*)
3/4 -1 teaspoon fine sea salt
1/2 teaspoon guar gum or xanthan gum
1 cup neutral-tasting oil (*canola or high-oleic sunflower or safflower oil*)
3.85 ounces (109 grams) hard cocoa butter or cocoa butter wafers (*preferably steam-deodorized so that no chocolate aroma remains*); can be organic, fair trade

NOTE #1: It saves time and effort if you double or triple the recipe at one time and freeze most of it (double-bagged). The Buttah will keep in the refrigerator for 2-3 weeks. I advise freezing whatever you won't use in that amount of time.

Note #2: FOR A "TUB VERSION" OF BUTTAH, all you do is follow the basic recipe, but increase the oil to 1 1/4 cups and reduce the amount of cocoa butter to 81.6 g (2.88 ounces).

Have ready:

- 1.) 6 medium-sized shiny silicone cupcake liners placed in a 6-cup cupcake pan or on a round cake pan, or my personal favorite, a Tovolo King Silicone Ice Cube Tray or Arctic Chill Large Ice Cube Tray, both of which make six 2-inch squares. All of these options hold about 6 tablespoons per cavity. (*Note: the Buttah releases more easily from shiny silicone molds than from the rougher-feeling silicone molds.*)
- 2.) An immersion/stick blender. I recommend that you use this type of hand blender rather than a countertop blender- clean-up is easier and the Buttah emulsifies more easily; plus you have better control over the process. I have a cheap little immersion blender and it works just fine.
- 3.) A digital kitchen scale that shows ounces and grams is essential for this recipe, and you will find it useful for many recipes and kitchen chores. There are several excellent, inexpensive

versions on the market.

4.) Measuring cups and spoons; silicone spatulas, small, medium, large; medium whisk.

5.) a 2-quart Pyrex or ceramic batter bowl (I use this several times a day for various jobs), and a 1-quart Pyrex measuring cup

Instructions:

In the 2-quart Pyrex batter bowl, whisk together the non-dairy milk, lemon juice and salt. Add the liquid lecithin, but do not whisk. *(To measure out the lecithin, oil the 1-teaspoon measuring spoon and the lecithin should easily slide out of the spoon.)* Set this mixture aside.

Chop the cocoa butter into small bits. *(Tip: If you slice down into very thin slices with a sharp knife, it will shred, which helps it to melt faster).*

To melt the cocoa butter- **#1, my preferred method:** place it in your 1-quart Pyrex measuring cup and melt it in a microwave oven. I timed the melting of the cocoa butter and it took about 3 minutes at 50% power in a 1200 watt oven. *(Don't use 100% power-- it will get too hot.)* If it isn't completely melted, stir it a bit until it melts, or give it a few seconds more. Add the liquid oil, but do not whisk.

OR #2 method: place the cocoa butter in the top of a double boiler and melt it over simmering water until liquid. Pour into the 1-quart Pyrex measuring cup, along with the liquid oil.

Add the guar or xanthan gum to the milk mixture in the 2-quart batter bowl, but don't stir.

Now, pour the melted cocoa butter/oil into the milk mixture in the 2-quart batter bowl and immediately blend with an immersion/stick blender for a couple of minutes. When it is thick and creamy, STOP! It is emulsified.

Immediately distribute the mixture evenly into the 6 silicone cupcake liners, or whatever molds you are using. I place my molds into round cake pans so that they are easier to transport to the freezer without spilling.

Place the molds in the freezer for about 1 hour, checking after 10 or 15 minutes. ***Do not omit this step because you want the mixture to solidify quickly.***

*****NOTE: If your Buttah seems to separate at this point or in the early stages of freezing,*** simply stir each mold of Buttah mixture briefly with a mini-whisk before placing in the freezer. Then whisk it again every 10 minutes or so for about 30 minutes, or until it starts to firm up and look creamier.

When the Buttah is solid and can be released from the liners or molds, wrap and bag it, or place in a covered butter dish, and freeze or refrigerate. It will keep refrigerated for 2-3 weeks, and you can keep it well-wrapped and frozen for several months. Refrigerated, it will stay solid at room temperature after freezing and thawing for some time, so it's safe to put it on the dinner table, but

it is best kept refrigerated most of the time after thawing. It is spreadable even when cold.

Nutrition facts calculated using *Living Cookbook software*:

Calculated using high oleic [high-heat] canola oil:

Nutrition (per Tablespoon) Calories 84; Total Fat 9.5g; Saturated Fat 1.9g; Monounsaturated Fat 5.9g; Polyunsaturated Fat 1.13g; Cholesterol 0mg; Sodium 54mg

See <http://www.cansa.org.za/debunking-canola-myths/>

Calculated using supermarket canola oil:

Nutrition (per Tablespoon): Calories 84; Total Fat 9.5g; Saturated Fat 2.28g; Monounsaturated Fat 4.61g; Polyunsaturated Fat 2.03g; cholesterol 0.0mg; sodium 54mg

Calculated using high oleic 70 % sunflower oil:

Nutrition (per Tablespoon): Calories 84; Total Fat 9.5g; Saturated Fat 2.45g; Monounsaturated Fat 6.10g; Polyunsaturated Fat 0.47g; cholesterol 0.0mg; sodium 54mg

Calculated using High oleic 70% safflower oil:

Nutrition (per Tablespoon): Calories 84; Total Fat 9.5g; Saturated Fat 2.23g; Monounsaturated Fat 5.56g; Polyunsaturated Fat 1.11g; cholesterol 0.0mg; sodium 54mg

Note on purchasing cocoa butter:

Purchasing small amounts in natural foods stores tends to be expensive. An excellent online vendor of fair trade, organic, steam-deodorized cocoa butter is an Oregon-based company called Chocolate Alchemy. <http://shop.chocolatealchemy.com/products/cocoa-butter-deodorized> When the Canadian dollar is more even with the US dollar, the price is good even with the shipping cost, providing you purchase at least 8 lbs. (You can share with a friend, but cocoa butter can be safely stored in a cool dark place for up to 5 years.) *Food grade cocoa butter, including organic and sometimes fair trade, is often available online from organic soap-making and cosmetic suppliers*, so, when Canadian dollar is low, I purchase it from a Canadian company at http://www.voyageursoapandcandle.com/Cocoa_Butter_p/62070.htm