



FULL OF RICHNESS

An essential baking ingredient, butter enhances a variety of dishes with its velvety smoothness and creamy flavour

BUTTER IS A milk product, composed mainly of fat, but is also a rich source of many vitamins. Public and scientific opinion is now changing in favour of butter consumption, providing it is done in moderation.

Its high saturated fat content can raise levels of high-density lipoprotein (HDL), the 'good' cholesterol, associated with a lower risk of heart disease.

Butter provides vitamins A, E, D and K2. Studies have shown that butter made from grass-fed cows has high amounts of healthy fatty acids.

The origins of butter go back approximately 10,000 years, when animals were first domesticated. Sailors in Elizabethan times were guaranteed ¼lb of butter a day in their rations, and it was an old English custom to present newlyweds with a pot of butter as a wish for fertility and prosperity. >