

BUTTER

BUTTER MAKES EVERYTHING BETTER

Butter has long been the chef’s best friend and secret ingredient to making restaurant food taste better. Those in the know chat to Susan Reynard.

The late celebrity chef Anthony Bourdain said in an interview that butter is the chef’s secret to making everything taste better: “It mellows sauces, giving that restaurant sheen and emulsified consistency that we love,” he says. It is often added on top of steak just before serving, adds gleam and richness to roast vegetables, and is a key ingredient in most recipes in the pastry kitchen. The applications are endless as customers lap up the mouthfeel and flavour.

FROM THE KITCHEN

Top female chef in the world, Chantel Dartnall from Restaurant Mosaic at The Orient, has always served an innovative and interesting bread and butter selection with her seasonal menus. She has taken this course to the next level for the new, seasonal “Natura Naturans” menu. Rather than serving the bread and butter selection at the start of the dining experience, it is now paired with each course to pace and extend this delicious experience.



TOP FEMALE CHEF IN THE WORLD, CHANTEL DARTNALL FROM RESTAURANT MOSAIC AT THE ORIENT.

“We will guide you on a journey where each bread course is an extension of the dishes prepared on our Natura Naturans menu. All our breads are prepared with natural stone ground, unbleached, organic flour from Eurika Meulens. Our farm butter featured on the menu is Beurre de Echiré AOC from France. Our local goat milk butter is sourced from Rina Belcher at her Belnori Farm,” Chantel explains.

The new menu:

- **My Bento Box:** Spring Flowers Tuilles / Sunflower and Calendula Butter
- **On the Vine:** Sun-dried Tomato Bread / Sundried Tomato and Capsicum Butter
- **Under The Blanket:** Olive Oil

- Hibiscus Loaf / Olive Oil Cream
- **Arctic Ice:** Seaweed and Dill Roll / Vanilla Seaweed Butter
- **Francolin Forrest Fungi:** Mushroom, Caramelized Onion and Thyme Roll / Wild Mushroom Truffle Butter
- **Main Courses:** French Baguette / Beurre de Echiré AOC
- **Cheese Course:** Rosemary Pear and Cranberry Loaf / Cinnamon and Honey Butter

Note from the kitchen: “We have a selection of wheat-, gluten- and lactose-free bread and make our own selection of vegan butters. Although our bread and butters are not prepared in a nut-free zone, we take the greatest of care to cater for our guests with nut allergies.”

USEFUL RESOURCES

www.dairystandard.co.za

www.milk.co.za

www.mpo.co.za

www.sasdt.co.za

www.sampro.co.za

www.saoso.org

FROM THE DELI

Restaurateurs and store owners Andrea Burgener and Nick Gordon of the Leopard Food Company at 44 Stanley, Milpark in Johannesburg, are very particular about the butter they use in dishes and sell in their deli. Andrea says, “Our main criterion for all of our dairy, and also our beef, is that the farm is raising cows on grass. Pastured versus feedlot dairy and beef products are an entirely different ball game environmentally, health-wise, and in many cases also ethically. Basically, our aim is no feedlots, no grain. We also prefer smaller farms, as these tend to treat cows better, and deal with the separation of calves and cows more sensitively. Obviously it must also taste good. We use a number of different dairies, as many are too small or irregular to keep stock up.” Their customers usually ask for specific brands of butter if they are into natural and grass-fed products, salted or

unsalted, and are prepared to pay a premium for a special butter.

FROM THE FOOD MARKET

Gary Jackson is a seasoned retailer and distilled his experience and passion for no-nonsense food into his eponymous stores, Jackson’s Real Food Market in Bryanston and Kyalami, Johannesburg. His approach to all items in his stores and their farming and production processes is for food to be as natural as possible. We asked him a few quick-fire questions:

Q: Merits of organic and grass-fed butter

Firstly, all butter is better than margarine. Grass-fed butter is full of healthy fat with soluble vitamins. Grass-fed butter has Vitamins K2, A, D which are key vitamins our bodies need. K2 is not found in many other foods. The ratio of omega 3 to omega 6 is also very high as opposed to standard milk which is higher in omega 6.

Q: Variations of butter

There are so many and it’s all around the quality of the grass that the cows eat. The more lush and green the grass, the better your butterfat levels will be. The best butters in the world are probably in Ireland due to the climate and grass that results.

Q: Role of bulletproof coffee in your restaurants

Bullet proof coffee is often ordered by people following a keto or paleo diet due to the great fats, which include MCT oil and grass-fed butter. It must be made with a good coffee that is not processed. It’s simply a coffee with added healthy fats. 🔗



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INSTAGRAM INSPIRATION

Zola Nene is one of South Africa’s favourite TV chefs, food stylist, award-winning cookbook author, and judge on *SA Bake Off* and *Wedding Bashers*. Her Instagram account (@zola_nene) is filled with inspirational food images and during Heritage Month in September, had several in a series called “Food From My Heritage:

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“Soft, creamy mealie meal porridge is something I grew up on, just the smell of it simmering away on the stove takes me right back to my childhood. There are so many different ways that I eat it... with a generous knob of butter & sugar, with a swirl of milk, with a squeeze of orange juice (or orange concentrate), or with a spoonful of peanut butter. However you choose to serve it, one thing’s for sure, it’s comforting and delicious.”