

Anchovy Butter

Sonia Uvezian

The International Appetizer Cookbook (1984)

*4 oil-packed anchovy fillets
1/2 cup unsalted butter, room
temperature
freshly ground pepper (to taste)*

Drain the anchovy fillets and pound them in a mortar with a pestle until they are reduced to a paste.

Cream the butter.

Press the anchovy paste, a little at a time, through a fine-meshed sieve into the creamed butter, blending the mixture well and tasting after each addition. Use only as much paste as desired. The butter should have a well-defined but not overly strong anchovy flavor.

Season to taste with pepper.

Flavored butters can be shaped into logs, wrapped tightly in aluminum foil, and frozen for up to two weeks. Simply open the frozen package and slice off what you need. They can also be refrigerated for up to twenty-four hours.

Per Serving (excluding unknown items): 813 Calories; 92g Fat (99.5% calories from fat); 1g Protein; trace Carbohydrate; 0g Dietary Fiber; 248mg Cholesterol; 12mg Sodium. Exchanges: 18 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	813
% Calories from Fat:	99.5%
% Calories from Carbohydrates:	0.0%
% Calories from Protein:	0.5%
Total Fat (g):	92g
Saturated Fat (g):	57g
Monounsaturated Fat (g):	27g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	248mg
Carbohydrate (g):	trace

Vitamin B6 (mg):	0mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	3mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 0g
 Protein (g): 1g
 Sodium (mg): 12mg
 Potassium (mg): 29mg
 Calcium (mg): 27mg
 Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): 0mg
 Vitamin A (i.u.): 3468IU
 Vitamin A (r.e.): 855RE

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 18 1/2
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 813 Calories from Fat: 809

% Daily Values*

Total Fat	92g	141%
Saturated Fat	57g	286%
Cholesterol	248mg	83%
Sodium	12mg	1%
Total Carbohydrates	trace	0%
Dietary Fiber	0g	0%
Protein	1g	
Vitamin A		69%
Vitamin C		0%
Calcium		3%
Iron		1%

* Percent Daily Values are based on a 2000 calorie diet.