

Garlic-Chile Butter

"Rusty Cajun: Rustic Home Cooking from Donald Link's Louisiana"
www.CommunityTable.com

1/2 pound (two sticks) butter
3 cloves garlic
2 anchovy fillets
zest of one lemon
juice of one lemon
2 tablespoons Vietnamese garlic chile
paste
2 teaspoons crushed red chile flakes
1/4 teaspoon cayenne
1 teaspoon salt
lemon wedges (for garnish)

Cut the butter into one-inch cubes and allow to soften to room temperature.

Mince the garlic, anchovy fillets and lemon zest (or mash in a mortar and pestle). Fold in the butter, lemon juice, garlic chile paste, red pepper flakes, cayenne and salt.

Roll the butter into a log. Cover tightly with plastic wrap.

Refrigerate until needed.

Sriracha is a Vietnamese red chili sauce, but it is strictly chiles and doesn't have much depth to it - just a lot of heat. Vietnamese hot garlic chile sauce is different; it's made from chiles and garlic and has a little bit of sweetness that balances the heat.

Per Serving (excluding unknown items): 438 Calories; 47g Fat (94.1% calories from fat); 3g Protein; 3g Carbohydrate; trace Dietary Fiber; 131mg Cholesterol; 2895mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 9 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	438
% Calories from Fat:	94.1%
% Calories from Carbohydrates:	2.9%
% Calories from Protein:	3.0%
Total Fat (g):	47g
Saturated Fat (g):	29g
Monounsaturated Fat (g):	14g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	131mg
Carbohydrate (g):	3g
Dietary Fiber (g):	trace
	3g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	3mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value:	0 0%

Food Exchanges

Grain (Starch):	0
	1/2
	1

Protein (g):
Sodium (mg): 2895mg
Potassium (mg): 103mg
Calcium (mg): 63mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 3mg
Vitamin A (i.u.): 1923IU
Vitamin A (r.e.): 449 1/2RE

Lean Meat:
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 9
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 438 Calories from Fat: 412

% Daily Values*

Total Fat	47g	72%
Saturated Fat	29g	144%
Cholesterol	131mg	44%
Sodium	2895mg	121%
Total Carbohydrates	3g	1%
Dietary Fiber	trace	1%
Protein	3g	
Vitamin A		38%
Vitamin C		5%
Calcium		6%
Iron		4%

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