

The Non-Dairy Evolution Cookbook

A Modernist Culinary Approach to Plant-Based, Dairy-Free Foods

Skye Michael Conroy

Non-Dairy Butter

Better Butter

Better Butter is a superior tasting, palm oil-free alternative to dairy butter and commercial non-dairy margarine. This recipe produces a buttery spread that looks, tastes and melts like dairy butter and can be used in any recipe including baking, as you would dairy butter. Just like its dairy counterpart, Better Butter browns and burns when exposed to high heat and therefore should not be used for high-heat sautéing – it works best with low to medium heat.

The best kitchen appliance for emulsifying the butter ingredients is an immersion blender or food processor. The ingredients can also be emulsified using a standard or high-speed blender; however, retrieving the thick butter from around the blades can be difficult. The recipe yields about 2 cups of butter.

Ingredients:

- 1 cup organic **refined** coconut oil
- 1/3 cup mild vegetable oil (such as soybean or canola)
- 2/3 cup pure soymilk or homemade Almond milk (pg. 17)
- 4 tsp/20 ml liquid soy lecithin or liquid *sunflower lecithin, or 24 grams/.8 oz. soy or sunflower lecithin powder (about 2 T plus 2 tsp); or 24 grams/.8 oz soy or sunflower lecithin granules ground into a fine powder
- 1 tsp organic sugar
- ½ tsp lactic acid powder**
- ¼ tsp to 1 tsp fine sea salt or kosher salt, to taste
- ½ tsp nutritional yeast flakes
- ½ tsp guar gum, sodium alginate or xanthan gum

*Sunflower lecithin can be substituted for the soy lecithin for those who prefer a soy-free butter. However, the sunflower lecithin lacks the rich golden hue of soy lecithin, so expect a color variation.

**Lactic acid powder can be substituted with 1 tsp raw apple cider vinegar and 1 tsp fresh lemon juice.

Technique:

You will need a 2-cup minimum food storage container with a lid to store the butter. If you prefer, the butter can be shaped in a flexible silicone form, or divided into several forms, and released after hardening.

First, remove the medal lid from the jar of **refined** coconut oil and place the jar in a microwave oven. Heat just until the solid liquifies, about 30 seconds to 1 minute (this will depend on the solidity of the **refined** coconut oil.) Alternatively, place the jar in about an inch of simmering water and melt the oil in the same manner.

Pour 1 cup of the **refined** coconut oil into a 2-cup measuring cup or other suitable container with a pouring lip. Add 1/3 cup vegetable oil to the **refined** coconut oil and set aside.

Add the remaining ingredients to a 4-cup glass measuring cup or heavy glass/ceramic bowl. Insert the immersion blender and process the mixture for about 15 seconds.

Now, with immersion blender running on high speed, begin slowly pouring the mixed oils into the blending cup or bowl. Move the blender up and down and side to side as you add the oils. Continue blending until the mixture is emulsified and thick. Transfer to a sealable container, cover, and freeze until solid (if using one or several silicone molds, cover with plastic wrap).

Once frozen, place the butter in the refrigerator until thawed before using or it can be stored in the freezer for up to 3 months. To release butter from a form, simply wiggle the sides a bit to loosen and then press out onto a plate.

Notes about ingredients:

Refined Coconut Oil is used for this recipe as opposed to using Virgin Coconut Oil. The refined product has a mild flavor that will not overpower the buttery taste the recipe is trying to achieve. According to “Nutiva”, Refined Coconut Oil is made from dried organic coconut meat, gently steam-refined through a certified organic process to achieve a neutral scent and flavor, whereas Virgin Coconut Oil is made from fresh coconut meat that is scooped out of the shell by hand, then cold pressed, leaving just the oil which has a pure coconut flavor.

Soy **Lecithin** is derived from soybeans and Sunflower Lecithin is derived from sunflower seeds. Lecithin is an essential emulsifier which converts two or more immiscible liquids into an emulsion. It makes the oil and water bond. Lecithin can be purchased at health food or natural food stores, or it can be purchased on line through Modernist Pantry at <https://modernistpantry.com>

Lactic Acid Powder is used for adding tanginess to non-dairy foods. According to Wikipedia, lactic acid is produced industrially by bacterial fermentation of carbohydrates, or by chemical synthesis. While lactic acid is found in milk products, it is also produced synthetically. Modernist Pantry once again is a source for this non-dairy ingredient <https://modernistpantry.com>

Nutritional yeast flakes can be found in most health food and natural food stores.

Guar Gum, Sodium Alginate or Xanthan Gum are derived from the ground seeds of the guar plant, from brown seaweed and from *corn. They are known as stabilizers and used to thicken non-dairy butter.

*Xanthan gum may also come from dairy sources so check before purchasing. These products may be purchased at most grocery stores, health food and natural food stores and on line through Modernist Pantry <https://modernistpantry.com>

Additional Notes:

Skye Michael Conroy had published a series of vegan cookbooks. His works not only provide recipes, but they tell the how and why: how to use these somewhat specialized products, and why we do so. He has more specialized books coming out and he also has a blog and interactive Facebook page for folks trying out his recipes.

Cookbooks include:

- [**The Non-Dairy Evolution Cookbook: A Modernist Culinary Approach to Plant-Based, Dairy Free Foods**](#)
- [**The Gentle Chef Cookbook: Vegan Cuisine for the Ethical Gourmet**](#)
- [**Seitan and Beyond: Gluten and Soy-Based Meat Analogues for the Ethical Gourmet**](#)
- [**Cook and Let Live: More Vegan Cuisine for the Ethical Gourmet**](#)
- [**The Non-Dairy Formulary: Vegan Cuisine for the Ethical Gourmet**](#)