

Anchor Butter & Olive Oil Blend : all the taste of free range butter, all the goodness of olive oil / [New Zealand Milk (UK) Ltd.].

Contributors

New Zealand Milk (UK)

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Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>



Butter & Olive Oil Blend



All the taste of Free
Range Butter
All the goodness of
Olive Oil





Lemon and Parsley Pasta

- SERVES 4

- 300g spaghetti
- 75g ANCHOR Butter & Olive Oil
- 1 large onion, finely chopped
- 2 - 3 cloves of garlic, crushed
- zest of 1 large lemon and some juice
- 4 tbsp fresh chopped curly parsley
- salt and freshly ground black pepper

Cook the spaghetti in a large pan of boiling salted water for 10 - 12 minutes. Meanwhile, heat half the ANCHOR Butter & Olive Oil in a frying pan with the onion, cook over a medium heat for 5 minutes, add the garlic and lemon zest and cook for another 3 minutes.

Drain the pasta, add the rest of the ANCHOR Butter & Olive Oil and the onion mixture. Sprinkle in the parsley, season well and add a squeeze of lemon juice.

Serve hot, perhaps with a tomato and bean salad or green salad.

Frittata - SERVES 4

- 50g ANCHOR Butter & Olive Oil
- 1 onion, cut into wedges, leaves pulled apart
- 400g new potatoes, sliced about 4mm thick
- 250g spinach, washed, large stalks removed
- 6 large Free Range eggs
- 1 tbsp coarse-grain mustard
- 100g ANCHOR Extra Mature Cheddar, grated
- 12 baby tomatoes on the vine

Set the oven to 220°C - 240°C or Gas 7 - 8. Heat half the ANCHOR Butter & Olive Oil with the onion in a 23 - 25cm ovenproof frying pan. Cook over a medium heat for 5 minutes. Meanwhile cook the potato slices in a pan of boiling salted water for 5 minutes and drain well. Add the potato slices to the frying pan with a little more ANCHOR Butter & Olive Oil and cook to brown them lightly. Put the spinach in the empty pan over a medium heat and cook for about 5 minutes, until wilted.

Beat the eggs with the mustard. Drain the spinach well, pushing out the water, then add to the beaten eggs with the cheese. Pour into the frying pan and stir with a fork for 30 seconds. Dot the rest of the ANCHOR Butter & Olive Oil on top and then put the pan in the oven and cook for 5 - 6 minutes until the Frittata is set.

Put the tomatoes on the top and serve the frittata in wedges.





Chocolate Brownies

- MAKES 8 - 12

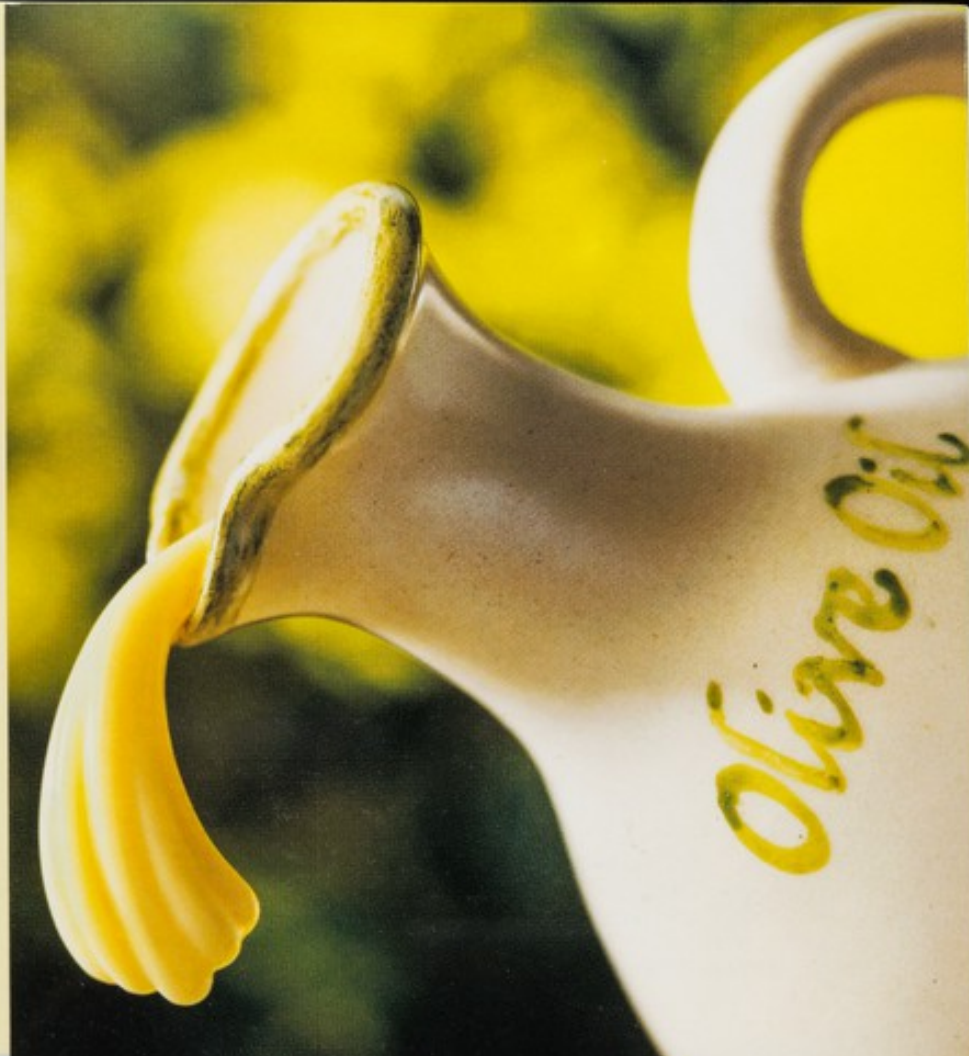
- 175g ANCHOR Butter & Olive Oil
- 175g good quality plain chocolate
- 1tsp instant coffee granules
- 3 large Free Range eggs
- 250g golden caster sugar
- 1/2 tsp vanilla essence
- 100g self-raising flour

Set the oven to 150°C or Gas 2. Use a little of the ANCHOR Butter & Olive Oil to grease a 20 cm square tin, then lightly flour it or line with baking parchment.

Break the chocolate into a bowl, add the coffee granules and melt gently in the microwave or over a pan of simmering water. Beat in the ANCHOR Butter & Olive Oil until smooth.

Whisk the eggs and sugar in a large bowl until pale and creamy, then whisk in the chocolate mixture and vanilla essence. Fold in the flour. Pour the mixture into the tin and bake for 35 - 40 minutes. The top should be beginning to crack, whilst inside will still be fairly soft. Cool in the tin. Turn out then cut into pieces.

Serve warm with fruit and cream for a pudding or cold as a cake.

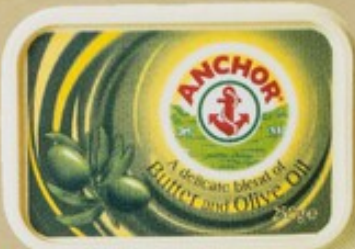


ANCHOR, Britain's favourite butter,
is proud to introduce this new blend
in a tub - ANCHOR Butter & Olive Oil -
giving you all the taste of Free Range
Butter and all the goodness of olive oil.

Often the simple and natural things in life are the best, and so ANCHOR has created the perfect blend of two of nature's oldest, purest and finest products. The pure taste of ANCHOR Free Range Butter and the goodness of mediterranean olive oil provides you with the best of both worlds. It's suitable for vegetarians and has a lower fat content than ordinary butter.

ANCHOR Butter & Olive Oil is available in convenient tubs that ensure it maintains all its natural goodness and is perfect for everyday use.

Not only is it perfect simply spread on toast or melted onto a baked potato, but it is a delicious way to liven up your vegetables or pasta - why not melt a knob of tasty ANCHOR Butter & Olive Oil over the top for a creamy flavour? Or try the tasty recipes on this leaflet using ANCHOR Butter & Olive Oil.



Pine Nut & Almond Tartlets

- SERVES 6

Pastry

- 150g plain flour
- 75g ANCHOR Butter & Olive Oil
- 1tbsp golden caster sugar
- 1 large Free Range egg yolk

Filling

- 50g ANCHOR Butter & Olive Oil
- 75g golden caster sugar
- 1tbsp honey
- 2 large Free Range eggs
- 1/2 tsp almond essence
- 75g ground almonds
- 25g plain flour
- 1/2 tsp baking powder
- 100g pine nuts/kernels

To make the pastry: put the flour, ANCHOR Butter & Olive Oil and sugar into a food processor and mix to crumb stage. Add the egg yolk and 1 tablespoon of cold water. Mix until the dough comes together. Form into a ball, wrap and chill for 20 minutes. Divide the dough into 6. Roll each piece out on a lightly floured surface to a circle and line six 10cm tartlet tins (or a 22cm flan tin). Chill the cases. Set the oven to 190°C or Gas 5 and put a baking sheet in the oven to heat up.

For the filling: beat the ANCHOR Butter & Olive Oil and the sugar with the honey then beat in the eggs and almond essence. Stir in the ground almonds, flour and baking powder. Spoon into the tartlet cases (or flan case), smooth the surface and sprinkle with pine nuts. Bake the tartlets for 15 - 20 minutes (or the flan 20 - 25 minutes) until golden.

Cool in the tins for just a few minutes then turn out and serve warm, or cold, with ANCHOR Cream Swirls.

