butter is back! Actually, she never left. We dumped her. It’s the licence to eat butter again that’s back!

What’s not to like about butter? Incomparable taste. The kingpin of pastry. And without saturated fats like butter, grains cannot be properly digested. There is reason your grandmother slathered real butter on her warm homemade bread. However… not all butter is created equal.

For us, fats coming from humanely treated animals, are critical to health. When an animal knows the sunlight of lush pastures, roams and grazes on organic grasses, has room to meander and drinks pure water, the butter she produces is, well, amazing. It’s nutrient-dense and full of vitamin D. The taste of pastured butter is indescribable and the nutritional value cannot be overestimated. The flip side? Factory farm animals rarely, if ever, experience pasture. So the vitamin D they don’t absorb, you don’t either. On a very basic level, we are what we eat.

Saturated fats, like butter, were corrupted in the 1970s. We got duped into thinking that soft, lard-like stuff was food. But know this, butter is a princess. She’s one fat not happy in high temperatures. So leave the high-temperature cooking for more stable fats like her sister, ghee, which is clarified butter (no milk solids, no water). Ghee gives us butter’s flavour AND lard’s high temperature stability. Plus ghee is counter-top-stable for weeks, months if refrigerated. Royalty with unmatched versatility.

So go ahead, embrace it… butter should never have fallen from grace in the first place!