

NUTMEG BUTTER

Nutmeg butter is being extracted from nutmegs. It is a semi-solid which is reddish brown in color having the smell and taste of nutmeg. About 75 percent is trimyristin in nutmeg butter that could be converted into myristic acid which is a 14-carbon fatty acid that is used as a substitute for cocoa butter and is also combined with fats such as palm oil or cottonseed oil. Traditionally after diluting, it is used to calm skin irritations and eradicate rheumatic pain. It is also used in creams, soaps,



lip balms, creams, shampoo, body butters, conditioners and hair pomades. The excessive use of nutmegs results in psychoactive effects. Though the poisoning of nutmeg is rarely harmful but it could lead to palpitations, convulsions and pain.

Preparation

Ingredients: 1/4 lb butter, softened, 1/4 teaspoon ground nutmeg

Directions: Whisk the butter and nutmeg together with a fork until very well mixed. Chill overnight to develop the best flavor. Soften before serving.

Nutritional value

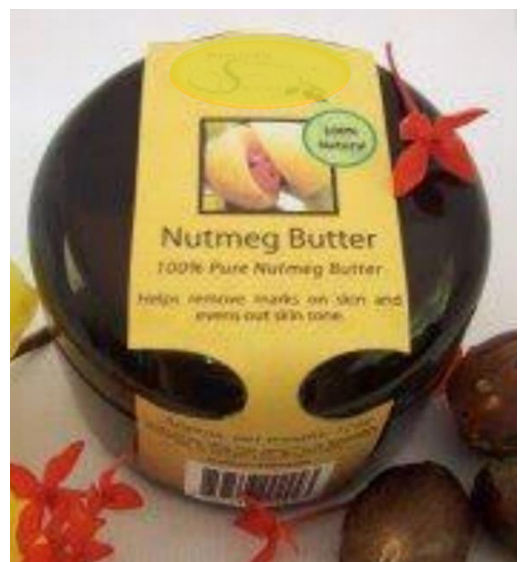
One cup of 218 grams of Nutmeg butter is loaded with 1927 calories, 218 g of Total lipid fat, 0.44 mg of Vitamin E, 196.2 g of total saturated fats, 6.758 g of lauric acid, 180.068 g of myristic acid, 9.374 g of palmitic acid, 10.464 g of total monounsaturated fats and 10.464 g of oleic acid.

Traditional uses

- It is used to eradicate rheumatic pain
- It is used to cure nervous and digestive problems
- is also useful for chronic nervous disorders, vomiting, nausea and kidney ailments
- is used to inflammation, diarrhea, liver disease and abdominal pain
- is also useful for toothache
- provides relief from pain and aches
- also helps to cure debility
- increases circulation that assists in concentration and also eliminates stress and exhaustion
- helps to treat joint and muscular pain as well as menstrual cramps
- eliminates bad breath

Precautions

- Being a neuro-stimulant, it could result in hallucinations and severe vomiting.
- Pregnant women and breast feeding women should avoid it due to abortifacient properties.
- The excessive use of nutmeg butter is harmful.
- Side effects such as dizziness, dry mouth, flushes, temporary constipation, accelerated heartbeat, nausea, difficulty in urination, and panic might be caused.
- allergic to nutmeg should avoid its use.



How to Eat

- It is used in baked goods
- is added to various culinary dishes.

Other Facts

- It has low melting point
- is used as a substitute for cocoa butter
- is also combined with palm oil or cottonseed oil.

Nutmeg butter facts

The creamy and yellowish semi-solid butter which is extracted from nutmeg fruit is Nutmeg butter. It has low melting point. Due to warm and spicy aroma, it is added to balms, body butters and hair products.

NUTMEG BUTTER BISCUITS

Ingredients

- 250g butter, softened
- 1/2 teaspoon ground nutmeg
- 1/2 cup pure icing sugar, sifted
- 1/4 teaspoon corn flour
- 1 egg yolk
- 2 cups plain flour, sifted



Method

Preheat oven to 180C. Line two cookie sheets with baking paper. In a large bowl beat butter, sugar, nutmeg and egg yolk for a few minutes until light and fluffy. Add corn flour and plain flour. Using your hands mix it gently until the dough just comes together. Chill the dough for 15 minutes. This will make it

easier to handle. Roll dough into rounds the size of a cherry tomato. Place on prepared sheets leaving a 5cm gap between rounds. Bake in pre-heated oven for 12 to 15 minutes until the bottom of the cookies is browned and the cookies are golden and cooked. Remove from the oven, cool completely on trays and store in an air tight container for upto 2 days (a week in the fridge).