

Orange Honey Butter

2/3 cup	packed, cooked, fine ground corn meal*
3/4 cup	cold water
1/2 Tbsp	agar agar powder
2 Tbsp	clean, raw cashews (rinse cashews before using)
1 Tbsp	peeled, cooked carrot
1/2 tsp	salt
1/4 tsp	orange flavoring
2 Tbsp	honey

*Simmer 1/4 cup cornmeal in 1 cup of water with a “shake” of salt for 15-20 minutes, stirring frequently. This may make slightly more than 2/3 cups that the recipe calls for.

Directions: : First cook carrot first and put into a blender (boil in water until soft). 2nd cook cornmeal as instructed above ** and put into blender. 3rd cook agar agar by putting 3/4 cup cold water and the agar agar powder in a small saucepan and heat up. Cook, stirring constantly until it thickens and becomes clear (approximately 10 minutes). Take off the heat and set aside briefly. Add the cashews and salt to the blender and then pour the agar agar gel into blender. Blend all ingredients together really well, until very smooth and creamy, adding the orange flavoring and the honey while blending. (you may want to add more salt to taste, if you are used to more salty tasting butter, but remember too much salt in the diet causes illness). Then pour mixture into a little rectangle mold or little bowl and chill, covered. Yields approximately 1 1/4 cups. This is excellent with cornbread and can also be used hot (freshly made) as well as chilled.