

BUTTER: THE ESSENTIAL INGREDIENT FOR A NATURAL AND TASTY BREAKFAST

Britons are being urged to make sure they treat themselves to the perfect start to the day by including butter on the breakfast table.

The call - during Farmhouse Breakfast Week - comes from The Butter Board, a campaign launched by some of the biggest names in British cuisine to reinforce butter's position as an essential, natural and tasty food.

Some of the country's top chefs and nutritionists argue that while butter contains fat, it is still healthier – and tastier – than the alternative spreads because it's free from additives.

One of the Butter Board's key supporters, Michelin-starred chef Paul Kitching, who believes that butter has always been at the heart of a traditional English breakfast. He said: "When it comes to a full English breakfast, butter brings the whole dish together. It tends to enrich ingredients. Breakfast mushrooms have to be cooked in butter and can you imagine toast, crumpets or pancakes served with a spread? I'd rather not. Butter for breakfast suits the British palate and nothing can replace it."

Kitching has come up with a recipe for a British breakfast standard with a twist – Perfect Scrambled Egg with a Warm Beetroot Cream (see below) – to remind people of the virtues of having butter on the kitchen table.

Kitching and his colleagues on The Butter Board have also helped set up a website to respond to criticisms in recent years that butter is too high in fat to be an essential part of a balanced diet.

The website (www.naturalandtasty.co.uk) details how, instead of being made from cream, spreads and margarines are a combination of substances such as buttermilk – a by-product from butter production - brine, starch, milk proteins and whey.

Antioxidants, emulsifiers, stabilisers, colours and preservatives are added to stop the mixture going off before it reaches shop shelves.

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