



CANADA AGRICULTURE  
AND FOOD MUSEUM  
MUSÉE DE L'AGRICULTURE  
ET DE L'ALIMENTATION  
DU CANADA

A FASCINATING WORLD  
UN MONDE FASCINANT



# Butter Mints

## Ingredients

¼ cup (60 ml) unsalted butter  
1/3 teaspoon (2.5 ml) salt  
3 ½ cups (875 ml) icing sugar  
1/3 cup (80 ml) sweetened condensed milk  
½ teaspoon (2.5 ml) peppermint extract (measure carefully)  
Food colouring

## Preparation

Using a stand mixer with a paddle combine butter and salt and beat for 1 minute on medium high. Add the icing sugar, sweetened condensed milk, and peppermint extract and mix on medium low until the dough is crumbly but fully combined. Carefully add in the food colouring on low until the desired colour is obtained. (For two or more colours remove the dough before adding the food colouring, divide into even portions, return one portion at a time to the bowl of the mixer and add the colouring. Wash the bowl and paddle in between colours). Divide into golf ball sized portions and roll into long ropes approximately 1 cm wide. Line ropes up side by side on a cutting board and cut into piece approximately 1 cm long. (The dough can also be stored in plastic wrap or a sealed container to be rolled out and cut at a later time). Store mints in the refrigerator in a sealed container. When properly stored they will last a few weeks.

**Yield:** 225 pieces