



How to Make Butter

You will need:

- ◆ 1 – 2 pints of heavy whipping cream
 - ◆ Cold water
 - ◆ Salt
 - ◆ A clean jar with a lid (if you don't have a butter churn!)
 - ◆ A bowl
 - ◆ A piece of cheesecloth, a fine mesh sieve, or even a paper towel
 - ◆ A container to hold your finished butter
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- First, wash your hands! Dairies were some of the cleanest spaces on 18th and 19th century farm. It was kept very clean so that impurities like dirt, grass, hair, and bacteria wouldn't get into the milk.
 - Next, pour your heavy whipping cream into the jar. Make sure it's only about $\frac{3}{4}$ of the way full. Screw the lid onto the jar very tightly.
 - Now, shake your jar! Shake it upside down, sideways, back and forth. Maybe you can even roll it around on the floor. Dairymaids would sometimes sing songs to pass the time while churning butter to keep a good rhythm and pass the time—what songs can you think of that would make for a good churning song?
 - While you're churning and shaking your jar, look inside! You'll see a lump of butter start to form and separate from the liquid inside the jar. The butter is the fat molecules in the cream all sticking together, and the liquid is the water molecules. We call the liquid "whey" or buttermilk.
 - When you have a big lump of butter in your jar, pour the buttermilk carefully out into the bowl. You can keep the buttermilk to drink or use in another recipe, or you can throw it away.
 - Then, wrap your ball of butter in cheesecloth or a paper towel, or place it in a sieve. Rinse your butter under cold water until the water runs clear. You're rinsing off all the extra water molecules from the buttermilk—this will help your butter stay fresh and last longer.
 - Finally, if you want, rub some salt into your butter. This enhances the taste. Oh, and be sure to taste it! Does it taste like butter from the store?
 - Be sure to store it in an airtight container until you're ready to use it!

Share your butter with us using the tag #lessonsfromlocustgrove!

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