

How to make butter



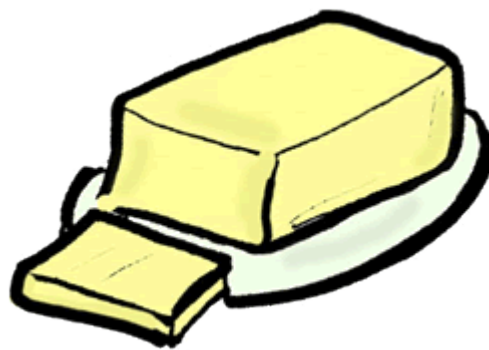
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How to make butter



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Introduction

It is easy to make butter.

All you need is some double cream and this should be kept in the fridge for a couple of days otherwise the making of the butter takes a lot longer!

What you need

Clean hands – make sure you wash them thoroughly before you begin!

Double cream (which has been in the fridge for a couple of days)

Clean jars – the largest that you can hold comfortably – jam jars are ideal but they need a lid that screws on

Mug or small bowl

Chopping board or similar

Wooden spoon

Greaseproof paper for wrapping



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How to do it

Before you begin

Remove the cream from the fridge and let it warm to room temperature for 30 minutes.



First step

1. Pour enough cream into a jar to come a third of the way up the sides. Make sure you leave plenty of air space so the cream can move around inside the jar.

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How to do it

Next

2. Screw on the lid as tightly as possible to prevent the cream spilling out.

3. Shake the jar up and down and all around so that the cream bounces against the lid. Don't stop shaking or the butter will not form. The butter making process takes between ten minutes and half an hour. You need lots of energy and patience!

4. At first you will feel the cream slosh around in the jar but after a while you will notice that the noise stops and it goes silent. At this stage you just have whipped cream.

5. Keep shaking. Shaking to music might help! Suddenly you will have a big lump of butter in a thin, watery liquid called buttermilk. Carefully open the lid and look inside.

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The final part

6. Now you have to wash your butter under the cold tap. Drain the buttermilk off into a mug or small bowl and fill the jar with cold water. Put the lid back on. Swirl the lump of butter around in the water and carefully pour the water away. Do this several times until the water is clear.

7. Put the lump of butter on a board and press down on it with the back of a wooden spoon (or use your hands) to force out any buttermilk still inside. This is important, as any buttermilk left inside it will make it go sour.

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The photo shows children using butter pats which were used for this same purpose originally. It looks a bit tricky!



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The best bit

You can now mould your butter into a shape, wrap it in greaseproof paper and keep it in the fridge, or eat it with some lovely fresh bread.

