

HENRICUS AT HOME

MAKE YOUR OWN BUTTER



Butter is an ingredient in many recipes, and finding it is as simple as walking through the dairy section in any grocery store or market.

Things weren't so easy for the English colonists who lived in Virginia four hundred years ago. First, they had to milk a cow or a goat. Next, the milk was poured into a shallow pan or dish and left to sit until it had separated, with the cream rising to the top. The cream was collected and poured into a butter churn. A large wooden paddle or plunger was used to churn the cream until butter had formed.

Making butter at home isn't quite as tricky these days. All you need are a few simple ingredients, and in just a couple of minutes you'll be able to enjoy fresh butter!



MATERIALS

Heavy whipping cream



A watertight jar*



Salt (optional)

*Note: For safety, consider using a plastic jar when completing this activity with children.

INSTRUCTIONS

Step 1: Pour the heavy whipping cream into a watertight jar. You do not need to measure the cream — just aim to fill the jar about halfway.

Step 2: Make sure the jar is tightly sealed, and then start to shake it. After about two minutes, you'll have whipped cream. Keep shaking, you're not done yet! After a few more minutes of shaking, the whipped cream will separate into two parts: buttermilk and a solid lump of butter.

Step 3: If you'd like to add salt to your butter, open the jar and sprinkle in a little salt. Seal the jar and shake it for another thirty seconds to mix in the salt.

Step 4: Drain the buttermilk from the jar (you may wish to keep it for baking!). Remove the lump of butter. Gently knead the butter under cold water to squeeze out the remaining buttermilk. This will keep it from spoiling as quickly. Store your butter in a sealed container in the refrigerator.

Step 5: Enjoy your fresh, homemade butter!



Butter and buttermilk