

# Butter Making

People have been making butter at home for centuries. One of the jobs kids may have been assigned on the farm is helping with butter making. Churns come in all shapes and sizes, but you can make your own butter in a jar.

What you need:

- A clean empty jar with a tight fitting lid (a jelly jar, baby food jar or mason jar works well)
- Heavy Cream
- Water

To make Butter:

- 1) Fill jar half full with heavy cream. Secure lid tightly
- 2) Shake the jar hard for several minutes. The first stage, when the cream stops moving is whipped cream. If you want whipped cream stop here.
- 3) Continue shaking the jar until the cream separates, with a yellow lump in the middle. When you can hear, or see the lump, shake for a little while longer, to make sure the butter is solid.
- 4) Pour the butter milk off into a separate container. You can try drinking it, save it to use in baking, or dispose of it.
- 5) Transfer butter into a small bowl. Cover it in cool clean water and squish the butter against the side of the bowl using either your hands or a spoon to rinse out the remaining buttermilk. When the water turns white, pour it off and cover with fresh water and repeat the process. Repeat until the water remains clear.
- 6) Enjoy your butter! Butter, if properly rinsed should keep for a few days at room temperature, or longer if kept refrigerated.  
\*For better butter try adding a small amount of salt to taste, or try adding garlic, herbs, or honey for flavored butter.

For further exploration check out “Little House in the Big Woods” by Laura Ingles Wilder for her remembrance of butter making in the 1800’s.