



Making Butter

What is Butter Anyway?

When raw milk is left to stand, it separates into skim milk and cream. The cream has proteins and fats in it. When you shake the cream, all the fat globs stick together and make butter. The liquid part has the proteins, and that's the buttermilk.

What You'll Need

a jar (a jelly jar is a good size, or even a baby food jar for just a small amount), a marble and some heavy cream.

How to Do It:

Fill the jar about halfway with the cream, drop in a marble. and shake. Keep shaking! You can also roll the jar across the floor or table, just to change things up a bit. After a few minutes, you'll have whipped cream. After about 10 minutes you'll notice a more solid blob forming. When your butter is formed, drain off the buttermilk. Rinse the butter and press it into cheesecloth or a coffee filter to dry it and remove the last of the liquid. Add a little salt if you like. Eat it right away, or put it in the fridge for later.

Be aware: your homemade butter will not look like the butter you buy at the store! It is much softer and is a very pale color. But it is very tasty!

Have you ever seen a butter churn, like this one? People have been using them to make butter for hundreds of years. It works the same way as your jar...the long handle moves the cream around over and over until the milk fat separates and sticks together to make butter.