

# BUTTER

## HOW TO MAKE YOUR OWN AT HOME OR IN THE CLASSROOM



**Butter is made by churning cream until the butterfat separates from the rest of the liquid. Vermonters have made their own for years and you can too. Here's how.**

### You Will Need:

- 1 quart heavy cream (yields about 1 pound of butter)
- 1 electric mixer (or an electric blender)
- 1 two quart (or larger) mixing bowl
- Cheesecloth
- Colander
- Wooden bowl or bread board
- 2 wooden butter paddles or wood spoons
- Salt (if desired)
- Wax paper

1.) Pour one quart of cream into a large mixing bowl. Let it sit until its temperature reaches 60°F. *The time it takes to make butter and the quality of the product depend a great deal on the temperature of the cream. Cream that is too cold takes longer to churn than warm cream. However cream that is too warm will yield a soft foamy butter that will not keep well.*



- 2.) Using an electric mixer at low speed, slowly “churn” the cream until lumps of solid butterfat separate from the liquid buttermilk. *If you substitute a blender for an electric mixer, be sure not to overfill the pitcher. You should run the blender on its high setting.*
- 3.) Line a colander with cheesecloth. Then pour the

buttermilk and butterfat mixture through it. The buttermilk will drain away and the butter will remain in the cloth. (The buttermilk will look and taste different from the kind you buy. The store bought varieties have been cultured and are thick & creamy.)

4.) Run cold water over your butter to remove all buttermilk. Buttermilk residue can make your butter taste rancid.



5.) Soak a wooden bowl or bread board and two wooden butter paddles or spoons in cold water for a few moments. Then remove them from the water and drain.

6.) Place your rinsed butter in the cool, damp bowl or on the board.

7.) Use the damp wood spoons or paddles to press any extra liquid from the butter. Pile the butter into a mound and then use your tools to flatten it. Repeat this process until no more liquid comes out of the butter and it has an even, smooth texture.

8.) If you prefer salted butter to sweet butter, add one to two teaspoons of salt to your butter. Work the salt in thoroughly with the wood utensils.

9.) The butter is now done and ready to package. It may be packed into small crocks or shaped into blocks or sticks and wrapped with wax paper. The finished product must be refrigerated. For long-term storage it may be frozen.

10.) Most importantly, don't forget to taste your delicious creation. It is especially good spread on fresh baked bread.

*\* NOTE: If your arms are strong and you don't mind shaking and shaking, you can make butter in a jar. Be sure that the top is on tight.*