



Butter Making



How to make butter:

- Pour 50ml of double cream into the jar and add 10ml of cold water.
- Screw the lid down tightly.
- Shake vigorously for 10 minutes until the fat (butter) has separated from the liquid (buttermilk).
- Pour off the buttermilk into a container.
- Add 10ml of cold water, screw lid back on and continue to shake.
- Pour off the buttermilk that has formed.
- Tip out the butter and using wooden spoons squeeze the butter to remove more water and shape the butter. Add salt if required (1/2 tsp per pound).
- Chill the butter.

Tips:

The colder the cream the better it will come together.

Make sure the cream stays cold and refrigerate the uneaten butter. Without added preservatives (such as salt) the butter will not last as long as store bought butter. It will sour as quickly as milk.

What happens during concussion (a fancy word for shaking or agitating) is that the fat blobs suspended in the cream start bashing into other fat blobs, and eventually they all join forces and make the transformation into butter.

Rinse away all traces of buttermilk, since any that remains on the butter will make it taste sour.

In the olden days in the Middle East, leather bags were filled with cream and strapped to galloping horses! When the riders arrived at their destination, voila, they had their butter.



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