

## *Make Your Own Butter*

Before electricity, families made butter using a churn. They came in a lot of different designs, but it was often the children's job to keep the butter churn moving. Why not try to make your own butter using a mason jar?

You'll need:

- 1 mason jar (16 oz is good, baby food jars are very good for little hands!)
- 1 cup of heavy cream
- cold water

Method:

1. Pour the cream into the jar until it's halfway full. Screw the lid on nice and tight to avoid messes!
2. Shake the jar for about 5-7 minutes. After 2 minutes, you'll have whipping cream (yum!)
3. Keep shaking until you hear a lump forming – that's your butter! Shake for another 30-60 seconds after
4. When you open the jar, you'll see a lump of butter, as well as some remaining liquid – that's buttermilk. You can keep it to make other things (hello, pancakes!) or you can discard it.
5. Place the solids into a bowl. Pour cold water over the butter and use your hands to squish it into a ball. Discard the water and repeat rinsing 2 more times.
6. Now you have butter! You can add other things to it, like salt, herbs, or other flavorings – or you can eat it just like it is. We love homemade butter on homemade bread ☺

