

HOW TO MAKE BUTTER IN A JAR

PREP: 15 MINS. READY IN: 15 MINS.

INGREDIENTS AND MATERIALS

2/3 cup cold heavy whipping cream

2/3 measuring cup

1 canning jar (1 cup) with lid and ring

DIRECTIONS



STEP 1

Pour cream into the jar, and screw on the lid.

STEP 2

Shake jar until butter forms a soft lump, 15 to 20 minutes. Continue to shake until buttermilk separates out of the lump and the jar contains a solid lump of butter and liquid buttermilk.



KEEP SHAKING...TIME IS ALMOST DONE!

While shaking the jar, what do you see?

STEP 3

Pour contents of the jar into a fine mesh strainer, and strain out the buttermilk, leaving the solid butter. Remove the lump of butter, and wrap in plastic wrap. Refrigerate until needed.



FOR ADDITIONAL RESOURCES VISIT:

www.NewEnglandDairyCouncil.org

SCIENCE BREAK: WHAT DO YOU SEE?

As you shake the cream in the jar, can you see the cream getting thicker and growing in volume?

- a) Yes b) No

Stop shaking after 10 minutes, and open the lid.
Do you see whipped cream?

- a) Yes b) No

KEEP SHAKING...



How does the cream become whipped cream?

- a) Shake air into the cream
b) Adding sugar into the cream

Can you feel something lumpy and liquid?

- a) Yes b) No



How does whipped cream become butter?

- a) Agitation until whipped cream turns into a solid and liquid
b) Until cream wants to be butter

Besides butter, name 3 other dairy products made from milk?

