

Making Butter at Home

Farm Chores and Cooking

In the past families did not have grocery stores where they could go buy all their food. Instead you grew your own vegetables and raised animals for meat, eggs, and dairy. Other groceries would be bought at the general store.

Let's try making butter the same way people did 100 years ago!

You'll need:

A jar
1 cup whipping cream
2 pinches of salt

Instructions:

1. Pour whipping cream into the jar, filling it halfway full.
2. Sprinkle in the 2 pinches of salt.
3. Screw the lid on.
4. Shake the mason jar for approximately 5-7 minutes. If your arm gets tired, try to have someone else in your family help!
5. Once you hear that a lump has formed, shake the jar for 30-60 seconds more (count out loud!)
6. Pour out the extra liquid (it's called buttermilk).
7. Pour some cold water into the jar to rinse the butter and pour out the water.
8. Press the butter into a small ball. Place the butter back in the jar to save or eat it right away!