Homemade Butter

History: While the 1800s did have general stores, most food was still made from scratch at home. An example of this is butter. While in the 1900s, people would make their own butter. This process is called churning. A butter churn is a device that would be used to make butter. People would fill the butter churn with heavy cream from cows. Then they would push up and down on the butter churn until the heavy cream separated into butter and buttermilk. A butter churn is not needed to make butter though.

Materials

- One glass mason jar
- Heavy cream
- A strainer

Instructions

1. Fill the mason jar about halfway full of the heavy cream. The more heavy cream you use, the longer it takes to churn the butter

2. Put the mason jar lid on tightly so that no cream can spill out

3. Use both hands to shake the jar. The ideal way to shake it is to have the jar centered with your body, turn the jar quickly towards you, and then away from you. This should create a semi-circle motion.

4. Continue to shake until you can see the heavy cream to clump together. This could take up to 20 minutes depending on the amount of heavy cream

1 https://history.nebraska.gov/blog/timeline-tuesday-butter-churning

2 https://www.exploratorium.edu/video/cultured-butter
5. Strain the butter out of the jar. The left-over liquid in the jar is buttermilk.