



**Make butter at home.  
Instruction leaflet.**

## How to make butter

### Ingredients and equipment

- Double cream
- Salt and/or herbs or garlic (optional)
- Mixing bowl and wooden spoon



### Method

- Put two tablespoons of cream in a small mixing bowl and beat with a wooden spoon (you can use a metal one, but it is noisier).
- Keep beating hard, this may take about 10 minutes. The cream will thicken and then start to change colour, becoming yellow, a bit like scrambled egg.
- Keep on beating, it will help to make you strong! Dairymaids in Victorian times had very strong arms from carrying heavy buckets for milk, milking the cows and churning the cream to make the butter.
- As the butter starts to form, some watery liquid will start to come away, this is the buttermilk. This may take you by surprise and you could get splashed.





- Use your spoon to squeeze the butter into a lump and to press out the buttermilk. Pour this off into another bowl. Buttermilk can be drunk as it is, or used in making scones, or bread.
- You can now shape and use your butter; or you can wash it to get all or the buttermilk out of it. Washing the butter removes the protein and helps it to keep for longer.
- To wash the butter, add cold (preferably chilled) water to the bowl of butter and squish and squeeze the butter with your spoon until the water goes cloudy. Replace the water and continue to wash the butter until the water stays clear.
- If you want you can flavour your butter by adding a tiny bit of salt, herbs or garlic to taste. Chill and keep in the fridge and eat within the original use-by date of your cream.



### Useful tips.

In Victorian times buttermilk was sometimes used to wash with, to give people soft skin. (A bit smelly !). On farms it was sometimes fed to the pigs to fatten them up.

When you make butter as described here, you are doing the same process as Victorian Dairymaids with their butter-churns; beating the cream until the butter forms.

Salt is added to butter to make it taste better and also so that it can be kept for longer without going bad. This was very useful before modern refrigerators were invented.

