

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.



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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 the whipped cream become butter?

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

What 3 important nutrients can you find in butter and other dairy products that help keep our bodies and bones healthy?



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