

MAKE BUTTER LIKE THE VIKINGS!

Basic Method:

1. Pour double cream into a jam jar, filling $\frac{1}{3}$ of the way.
2. Screw the lid on, and start shaking! Churning butter takes a while, so take turns.
3. After several minutes, the butterfat and buttermilk will begin to separate. Keep shaking until you can see a solid lump of butter form.
4. Pour the contents through a sieve into a bowl, to catch the butterfat.
5. Dip the sieve into a bowl of very cold water to wash the remaining buttermilk off the butterfat.
6. Tip the washed butter onto a chopping board. You can use kitchen towel to pat it dry.
7. Sprinkle a very small pinch of salt onto the butterfat. Mix it in with two dessert spoons.
8. With the spoons, lift the butter onto a square of tin foil. Roll it and twist it, like a Christmas cracker, into a neat package to refrigerate.

You will need:

Double cream
Salt
Jam jar
Sieve
Mixing bowl
Chopping board
2 dessert spoons
Tin foil
Stopwatch
Digital scales



Write some notes about the process of making butter. Include:

- Descriptions of the taste, appearance and texture of the cream, butterfat (before it's salted) and the buttermilk
- A table showing the times at which you notice changes in the cream during churning
- Labelled drawings or photos of each significant stage in the process
- The weights of the products at each stage: the cream; the butterfat; the buttermilk. What do you notice?



The Vikings didn't have jam jars, of course! They made their butter in wooden churns, which stirred and bashed the cream in a similar way to separate the butterfat and buttermilk. Nothing was wasted: the buttermilk was either drunk fresh or left to sour before drinking. Today, buttermilk is often used as an ingredient in baking.