



Butter Making Activity

Overview

During the colonial period, butter was often made at home, and churning butter was a chore that many colonial children may have helped with. In this activity, you will learn how to make butter using items from your kitchen at home. This activity also serves as a nice companion to extend our “What Did Reverend Clarke Eat?” lesson.

Materials

- Wide-mouthed, sturdy container with a secure lid
 - Thick-walled glass jar (Mason jar, salsa jar, pasta sauce jar, etc.)
 - Plastic container with a screw-top lid (Nalgene water bottle, peanut butter jar, gelato container, etc.)
- Heavy cream or whipping cream
- Several glass marbles
 - This activity will work without marbles, but the shaking time will be longer.
- Medium bowl
- Cheesecloth or clean, cotton dish towel
- Spatula
- Salt and/or herbs (optional)

Instructions

1. Fill your container about 1/3 full of cream.
2. Add marbles and begin shaking the container vigorously up and down. First, whipped cream will form. Keep shaking! Eventually, small globs of butter will begin to form. Continue shaking until the globs of butter have formed a solid mass. This will take 5-10 minutes depending on the size of your container.
3. Pour off the liquid (buttermilk) into the bowl, transfer the butter mass to your cloth, and remove the marbles.
4. Squeeze butter inside cloth over the bowl to remove any remaining buttermilk. Discard buttermilk or return to shaking container for later use.
5. (Optional) Place butter in bowl and work salt and/or herbs into the butter to flavor it.
6. Transfer butter into a storage container. Butter will last 3-5 days at room temperature or 7-10 days in the fridge.