SHAKE THINGS UP:
Making butter in the classroom

We use butter in tons of recipes - whether baking it into delicious cookies, adding it to a savory sauce, or simply spreading it on bread. But did you know that butter is better when you make it yourself? Butter is made by churning milk or cream until it separates into two components: semisolid butterfat and liquid buttermilk. And you can do this in your classroom by following the steps below.

WHAT YOU'LL NEED:

1 cup room temperature heavy cream
1 mason jar with lid
1 large mixing bowl
1 strainer
Water
Cheesecloth or paper towels

GET STARTED:

1. Pour 1 cup of room temperature heavy cream into a mason jar with a lid.

The higher the fat content in the cream, the better your butter will set!

TIP: Add 1-2 clean marbles to the heavy cream to speed up the setting process.

2. Shake for 2 minutes. If every student does not have his or her own jar, you can include the whole class by passing the jar around in appropriate intervals. Take a break after two minutes and open the jar to show the class their progress.

NOTE: When the contents of the jar start to thicken, it's whipped cream!

3. Replace the lid and continue to shake for 6 more minutes.

ASK: How many uses for butter can we come up with while we make ours?

4. When you have separation between liquid and solid (buttermilk and butterfat), strain into a large mixing bowl.

BONUS: For now, we only need the butterfat, but you can save the liquid to use in other recipes.
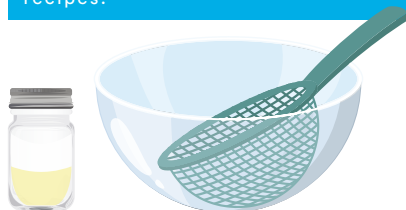
5. Pour cold water over your butterfat to rinse it off while forming it into your desired shape (ex. ball, brick, etc.). Dump excess liquid and repeat until the water is clear and you're happy with the shape.

Rinsing off any remaining buttermilk allows your butter to last longer and prevents souring.

6. Pat your butter dry using paper towels or wrap it in a cheesecloth and squeeze.

7. Voila! Enjoy your hard-earned hand-churned butter!

NOTE: While store-bought butter stays fresh in the fridge for months, homemade butter will last only 1 to 3 weeks.