

Butter in 7 Steps

Description

In this explorer video, we show you how to make your own butter in 7 easy steps. The GUB team wishes you lots of fun.

Materials

- 1 Raw cow's milk and/ or whipping cream
- 2 Saucepan
- 3 Stirring spoon
- 4 Glass bowl
- 5 Tablespoon
- 6 Screw-top jar with lid
- 7 2 small bowls
- 8 Ice water
- 9 Optional: ramekins

Procedure

You can easily make butter yourself from milk in just seven steps!

- 1 Step 1: Get raw milk**
Get fresh raw milk. You're most likely to get it directly from a farm with dairy cows. Alternatively, you can also get fresh milk from a health food store. Normal milk from the supermarket is not suitable, as it is almost always homogenized.
- 2 Step 2: Boil the milk**
Boil the milk or heat it to at least 72°C to kill any germs and bacteria that may be present.
- 3 Step 3: Let the milk stand**
Transfer the milk to a glass bowl and let it stand overnight at room temperature.
- 4 Step 4: Skim the cream**
Overnight, the cream or curd will have settled on the top of the milk. If you look at the bowl from the side, you can now clearly see these two layers. Use a spoon to scoop off the top layer, i.e. the cream, and place it in a small bowl. You can use the remaining skim milk for other purposes.

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5 Step 5: Pour the cream

Now pour the cream into a screw-top jar. As an alternative to the cream you made yourself, you can use store-bought whipped cream or supplement your own cream with store-bought cream. From 500 ml of whipped cream you get about 180 g of butter. Close the screw-top jar. Check once again that the lid is tight and that it is not leaking. Then it's time to shake! You don't have to shake the jar very much, just let the cream slosh back and forth between the base and the lid. After about 8-10 minutes, the cream will solidify and reach the consistency of whipped cream. Now it's almost done. Keep sloshing until a solid yellow lump and liquid forms.

6 Step 6: Pour off the buttermilk

Congratulations. You've made butter, which is exactly what the yellow lump is! Pour off the buttermilk - that's the white liquid. You can drink it, it tastes very delicious. Shake a little more and keep separating the butter from the buttermilk. If no more buttermilk comes out of the butter, put the butter into a bowl. If you want to eat the butter right away, you can.

7 Step 7: Wash out and shape the butter

The butter will keep longer if you rinse the remaining buttermilk in ice water. To do this, put a few ice cubes in water and let them melt. When the water is really cold, add it to the butter bowl and knead the butter in the water. If the water gets cloudy, change it. Keep doing this until the water is no longer cloudy. If you want, you can put the butter in a mold and take it out after it has hardened. Store the butter in the refrigerator. Optionally, you can also refine the butter with finely chopped herbs and/or salt, you can simply knead everything into the butter. Well then, Bon Appetit!

Background

In the past, butter was made in a butter churn. Today, dairies have taken over the production. Butter can be made not only from cow's milk, but also from sheep's or goat's milk. Butter cannot be made from homogenized milk. During homogenization, the fat globules contained in the milk are broken up by subjecting the milk to high pressure and pressing it through fine nozzles. This prevents the cream from segregating and settling on top of the milk, and the fat remains evenly distributed in the milk.