



# Easy butter recipe

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## INGREDIENT

70–80ml fresh pouring cream (not thickened)

## EQUIPMENT

glass jam jar (about 250–300ml) with a well-fitted screw-top lid

clean 25mm 'supa' or bouncy ball

sieve

bowl

teaspoon

plate

## INSTRUCTIONS

1. Place the ball in the jar.
2. Pour cream into the jar to just cover the ball (fill no more than a third of the jar).
3. Close the lid tightly. Do not open again during the process.
4. Shake the jar!
5. Continue to shake the jar vigorously for 5 minutes or until the cream 'splits' (a ball of butter will form around the ball and you will hear a 'slooshing' sound). Stop shaking at this point.
6. Remove the lid carefully. Using the sieve, strain off the liquid, which is called buttermilk, into a bowl.
7. Remove the ball from the butter using a teaspoon. Transfer the butter to a plate.
8. Your butter is now ready to taste! Spread it on some bread for a tasty treat.

*Makes about 2 tablespoons of butter.*

*The butter and buttermilk from this recipe will stay fresh in the fridge for two days. (In commercial production, further processing ensures that butter keeps for a much longer time). The buttermilk can be used to make pikelets, scones or damper.*



## How does it work?

Agitation (shaking the jar) makes the fats in the cream bind together and cling to the ball, separating the liquid (buttermilk) from the solid mass (butter).