

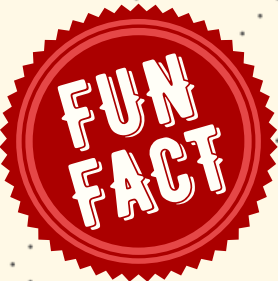


CHURNING BUTTER



SUPPLIES NEEDED:

- MASON JAR, 16 OZ (OR OTHER SEALABLE JAR),
 - 1 CUP HEAVY CREAM,
 - ½ TSP OF SALT,
 - BOWL
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- PUT HEAVY CREAM AND SALT INTO MASON JAR AND CLOSE THE LID TIGHTLY.
 - SHAKE MASON JAR FOR 5-7 MINUTES UNTIL YOU HEAR THAT A LARGE LUMP HAS FORMED. SHAKE FOR AN ADDITIONAL 30-60 SECONDS.
 - REMOVE THE SOLIDS FROM THE JAR AND PLACE IN A BOWL, THE LIQUID REMAINING IS BUTTERMILK. HOLD ON TO THAT FOR DAY 9!
 - POUR COLD WATER OVER THE SOLIDS, AND SQUISH IT INTO A BALL. RINSE THE BUTTER 2-3 MORE TIMES, THEN PAT DRY. KEEPS FOR 2-3 DAYS REFRIGERATED.



FUN FACT

DURING LENT IN MEDIEVAL TIMES UP UNTIL THE 1600S, CHRISTIANS WERE BANNED FROM EATING BUTTER. HOWEVER, IT WAS SO CRITICAL TO COOKING THAT MANY NOBLES WOULD PAY A HEFTY FEE TO GET PERMISSION FROM THE CHURCH TO CONTINUE USING BUTTER.