



## **Make your own butter in 15-20 minutes It's easy and delicious**

### **This is all you need:**

- 4 oz. Organic Valley Heavy Whipping Cream
- 1 pt. size mason jar with a lid

### **This is what you do:**

1. Pour Organic Valley liquid cream into jar and close lid tightly.
2. Shake until the liquid turns to whipped cream. Sample the cream—It won't be sweet.
3. Put the lid back on tightly and continue to SHAKE, SHAKE, SHAKE!
4. The butter is ready when you see two products in the jar—a ball of yellow butter and thin buttermilk.
5. Pour off the buttermilk. Sample if you like and use it for cooking or baking—delicious in pancakes!
6. Wash the ball of butter under cold running water and squeeze into a solid form. This is a good time to knead other ingredients into the butter using a resealable plastic bag (see Serving Suggestions).
7. Spread on your favorite bread or cracker and taste the sweet delight!

**Hint: The colder the cream, the longer it takes to make butter.**

### **Serving Suggestions:**

1. Refrigerate the buttermilk to use for cooking or baking—delicious in pancakes!
2. For special meals, have kids or guests make the butter and form it into a fun shape for the table
3. Create “compound” butters with special ingredients such as garlic, honey, dill, etc.
4. Find recipes featuring butter in Organic Valley's recipe database at [www.organicvalley.coop/recipes](http://www.organicvalley.coop/recipes)

### **Why and how can liquid transform into a solid?**

When raw milk is left to stand, it separates into skim milk and cream. The cream has proteins and fats in it. When you shake the cream, the fat sticks together to form butter, leaving behind liquid buttermilk, which contains the proteins.