

## Butter Making

During pioneer days making butter was primarily a child's job. They would milk the family's cow and let the milk sit in a shallow pan overnight in order for the cream to rise to the top. The next morning they skim the cream layer with a wooden ladle and leave it out to sour. The cream was then poured into the butter churn (see right). The dasher would have to be rhythmically pounded up and down (the dasher is a stick with paddles at the bottom). Once the cream has been properly churned (churning breaks up the protein coating surrounding the fat globules in the milk therefore allowing them to stick together) the cream would separate into buttermilk and grain-seized pellets of butter. The buttermilk was then drained off; it could be used to feed the pigs or for baking. The butter pellets are put into a bowl and thoroughly rinsed with cold water. The butter is squeezed into a nice lump using a butter paddle. It is then sprinkled with salt (to help preserve it) and pressed into a crock to be stored in a cool place.



Here's how to make your own butter!

### Butter

250 mL (1 cup) of whipping cream (35%) at room temperature

Small jar with a secure lid

Medium sized bowl

Wooden spoon<sup>1</sup>

1. Pour the whipping cream into the jar (no more than  $\frac{3}{4}$  of the way full<sup>2</sup>!)
2. Screw on the lid and start shaking! Keep in mind that this may take some time<sup>3</sup>. You will first obtain whipping cream before you get to the butter stage.
3. Yellowish clumps will form in a bluish white liquid. This is your butter and the buttermilk. Pour the buttermilk into a bowl.
4. Wash the remaining butter lumps with cold water. Press the butter against the side of the bowl to press out any excess liquid.
5. You may want to work in a little bit of salt for the taste. And voilà! Your butter is ready for tasting!

Enjoy your butter along with the Bannock recipe above! 😊



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<sup>1</sup> Metal spoons will taint the taste of the butter.

<sup>2</sup> Add too much cream and it will not work. The more cream the longer it will take to make butter.

<sup>3</sup> Expect it to take at least 15 to 20 minutes.

