

## Making Butter

Both indigenous tribes and European settlers had to make their own food. There were no supermarkets around! Everything you ate would have to be harvested, cooked, baked, and otherwise created.

Butter, which serves to add a sweet taste to almost anything, was certainly a treasured part of the dinner table.

This food is relatively easy to make, and only needs one ingredient! Even without a historic butter churn, you can still make your own butter at home.

Once you make the butter in this activity, try out the 17th Century Portal's Bread Recipe! You can serve both your own handmade bread and butter from the 17th Century.

### **Ingredient:**

Heavy cream

### **Tool:**

Ziplock (or likewise) container with screw-top or lockable lid.  
Keep it small.

### **Steps:**

- 1) Pour the cream into the container and secure the lid.
- 2) Start shaking!
- 3) As you shake, you will feel it turning into a thick, whipped cream. (Hint: pass it over to a family member when your arms get tired!)
- 4) Keep shaking!
- 5) Check what's inside—the cream will have pulled away from the sides and formed a solid ball.
- 6) Keep shaking about a minute more if it looks like cottage cheese—you're almost there.
- 7) When it looks like butter—you've done it! There will be extra buttermilk—pour that out, and now you have butter!
- 8) Don't forget to refrigerate your butter!