

Homemade Butter

What You Will Need:

- Whipping cream (at room temperature)
- Small glass jar, like what jam comes in

What To Do:

1. Make sure the whipping cream you're using is at room temperature (not cold from the refrigerator).
2. Put a half cup of the cream into the jar. Put the lid on, and start shaking the jar. You can try rolling the jar back and forth with a family member, or take turns shaking the jar.
3. Eventually, the cream will form into a ball. When this happens, you can pour off the excess liquid and then add a sprinkling of salt to your homemade butter.

What's Happening?

Whipping cream is a dairy product that contains a lot of milk fat—usually around 30% or more. Cream comes from skimming off the top of fresh milk, where most of the milk fat has risen. The fat from the cream is contained in tiny droplets, like mini balloons too small to see without [a microscope](#). When you shake the jar, these balloons break open, letting the bits of fat go free. All the fat is collected together the more you shake it, creating an emulsion, or a mixture of two immiscible (not mixable) substances wherein one substance is immersed into the other. Eventually all the fat comes together and forms butter. Once the butter is made, there will still be extra liquid in the jar. This is the leftover part of the cream, once the fat has been taken out. It might taste a bit like milk, which has a lot less fat in it than cream does.