



# DIY Butter!



## What you need:

MASON JAR WITH LID  
(PLASTIC JARS WILL WORK)  
HEAVY WHIPPING CREAM AT  
ROOM TEMP

TRUST ME, I'M  
WORTH THE  
EFFORT!

## What to do:

FILL THE JAR HALFWAY WITH CREAM.  
MAKE SURE THE LID OF THE JAR IS TIGHT AND SHAKE.  
YOU MAY NEED SOME HELP AS THIS PROCESS TAKES A LITTLE WHILE  
(5-20 MINUTES.) ANOTHER SET OF ARMS MAY HELP!  
WHEN YOU FEEL/SEE A LUMP INSIDE YOUR JAR, OPEN IT UP, DRAIN THE  
REMAINING LIQUID (BUTTERMILK), AND SHAKE THE SOLID LUMP A  
MINUTE LONGER.  
TAKE OUT YOUR BUTTER AND GRAB SOME WARM BREAD! MANGIA!!!

## What's going on?

THE SHAKING OF YOUR JAR CAUSES THE FAT IN THE HEAVY CREAM TO SEPARATE FROM THE LIQUID. FAT MOLECULES LIKE TO BIND WITH EACH OTHER SO YOUR CONTINUAL SHAKING SEPARATES THE FAT FROM THE CREAM AND FORMS SOLID BUTTER. THE REMAINING LIQUID CAN BE USED AS BUTTERMILK!