

A HOME CHURNED BUTTER

F EASY

Last Modified: 05/20/2019

PREP: Less Than 24 Hrs
COOK: N/A

COMPOUND BUTTER

Your To-Die-For Healthy Solution

QUA	MEASURE	INGREDIENT	PROCESS
1	Quart	Heavy Whipping Cream (NOT Ultra-Pasteurized - UHT)	
1/8	Tsp	Mesophilic Cheese Starter Culture (Frozen) (For the Cultured Butter Version ONLY)	
1	Tsp	Sea Salt (NOT Iodized)	

PREPARATION

WOW!	For starters, how about whipping up a batch of your own preservative-free Butter.
FACTOID	The majority of commercial Butter makers in the USA often add water to their Cream to dilute it down to the "legal minimum" fat content. I've always wondered why my home churned Butter is so much better than store bought Butter, now it totally makes sense...
CAUTION	If the over-the-counter Heavy Whipping Cream you choose here IS ultra-Pasteurized (Irradiated & 100% bacteria-free), you are about to fail miserably here at making Butter. PLEASE DON'T USE IT!
HINTS	For ease here, we are using grocery store Heavy Whipping Cream - If you have the availability of un-pasteurized (raw) Cream directly from a Dairy Farmer, YOU ARE IN BABY! Of course much begging and groveling to get him to sell it to you will be necessary.
OPTION	1) SWEET CREAM BUTTER: Simply Butter made from fresh, raw Cream. This is the slightly easier option, although a batch of Cultured Butter really isn't that much harder. If you use raw Cream (here's why we personally believe raw dairy products are healthier for our family), then the Butter ends up not only being a scrumptious vehicle for ingesting healthy fats, but it also contains all of the good bacteria and enzymes from the raw milk too. A win-win situation for you and your family.
OPTION	2) CULTURED BUTTER: Made from raw (FRESH from a Cow) Cream that has been allowed to ripen first. This can be accomplished simply by ignoring raw Cream in your refrigerator for a while until it just starts to sour, or you can speed up the process by inoculating the Cream with a bit of yummy bacteria and allowing it to ferment at room temperature.
FACTOID	Both of the above options yield delicious results, but many "Butter Connoisseurs" prefer the slightly tangy depth of flavor that cultured Butter brings to the table. Plus, you get the added bonus of good bacteria and cultures in your body when you eat it.
TOOLS	1) Stand Mixer & Whisk Attachment. 2) Cheesecloth Square. 3) Large Plastic Mixing Bowl.
PREP	None.
1	The Day Before: Cultured Butter Version ONLY: Sprinkle the culture on top of the Pasteurized Heavy Cream and gently stir it in. Cover it with a breathable lid (like a paper towel or cloth napkin) and allow it to ferment at room temperature for 24 hours, or until the Cream is thickened and pleasantly tangy and sour smelling.

A HOME CHURNED BUTTER

1	BOTH Versions From Here On: With a whisk attachment on your stand mixer, pour in the room temperature Cream and add in the Salt. Begin by beating the Cream on medium to medium high speed. After a few minutes, the Cream will begin to take on the consistency of Whipped Cream. At this point, take the time to cover your mixer with a towel because here is when the process becomes messy.
2	After approximately 5 minutes of beating the Cream, it will turn into little curds - a bit like Cottage Cheese. You'll also notice that there will be some liquid milk separating from the curds. This liquid is REAL BUTTERMILK. Pour out the Buttermilk into a container. While you will not need it to make your Butter, keep it because it is perfect for baking!
3	After pouring off the Buttermilk, begin beating the Curds again. Beat it until it begins to look like Butter; that is creamy and sticking together. Once creamy, spoon the Butter into a cheese cloth square and simply press, knead and squeeze until no more of the Buttermilk can be squeezed out.
4	Now, take a large plastic mixing bowl and fill it with cold water. Put your Butter in the cold water and rinse it well under running water for a couple of minutes. The water will start to turn a little murky at first, but that is fine. You are rinsing off any last little remaining amounts of Buttermilk. This step is EXTREMELY important because the Buttermilk will quickly turn rancid if it is left on the Butter. Once the Butter is rinsing clear, remove it from the water and place it in a jar or container of your choice!
SERVE	Keep your Butter (covered) at room temperature for a perfect consistency if the temperature is right. At 65 degrees F or slightly below, the Butter will last for weeks. At 80 degrees F, the Butter will be overly soft and will not last much more than a week. It can be stored in the refrigerator for up to 6 weeks. You can also vacuum seal it. If frozen, it will keep for up to 1 year, so make a couple of gallons all at once (ONE quart at a time) and freeze it. EACH whole packet of Mesophilic Culture make 2 gallons.