

Colonial Cooking: Butter Making



Butter has been around for hundreds of years. American colonists were experts on making it. Children were expected to help with the cooking as well as other chores. During the 1700s, butter making was often a child's chore. The butter making process started with cow's milk, ideally in the springtime when cow's produce the richest milk. The first step was to separate the thick cream from the milk. After sitting out in a pan, the cream was skimmed off the top and mixed in a butter churn. The cream was churned until the solid butter formed. Only a little bit of liquid remained in the churn, called "buttermilk". Colonists used buttermilk for cooking and baking. We still use it for pancakes.

Next, the butter was removed from the churn and placed into a bowl. The butter was pushed between two wooden spoons and rinsed with water to eliminate any excess buttermilk. This step was repeated until the water ran clear over the butter. This signaled that the butter was finished and ready to be preserved.

During the colonial era, butter was preserved in salt. Back then, women would preserve food so their family would have enough to eat year-round. The colonists didn't have refrigerators. Instead, salt was used to draw the moisture out of the butter so that it could be safe to eat weeks later. While the excess salt was removed off the top before eating, the salty taste remained. Over time we developed a taste for salted butter. It's still sold in the grocery store.

Butter Making Recipe

Ingredients	Instructions
<ul style="list-style-type: none">• Baby Food Jar with lid• Two Spoons• Heavy whipping cream• Sea salt• Strainer	<ol style="list-style-type: none">1. Pour cream into a jar— it should be half full. Place the lid on the jar.2. Shake the jar until solids seize. SHAKE IT HARD! You will see clear liquid and a solid forming when it's complete.3. Once butter has formed, place the contents onto the strainer.4. Use the spoons to work out any excess buttermilk.5. Finally, pour cold water over the butter in a strainer until it runs clear. Add salt for flavor.

For more information on butter making click the link for a demonstration:
<https://fb.watch/v/27rbDskt3/>