

CRUNCH TIME

Making Butter



**Serve information: Makes About 15g (One Spoonful) Of Butter.
As A General Rule, 2 Parts Cream = 1 Part Butter + 1 Part Buttermilk**

INGREDIENTS:

One sixth - one eighth
cup (about 30g) pure cream

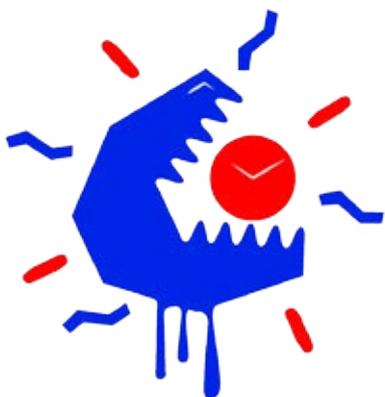
EQUIPMENT:

1 strainer
1 bowl
1 small tupperware container or glass jar
with lid.
*Must be at least half cup/125ml in size



METHOD:

1. Fill your container about one sixth - one eighth full with pure cream and close the lid tightly. You need a lot of space so there is plenty of air to get into your cream.
2. Start your timer for 4 minutes and shake vigorously! You're trying to force air into the cream. The fat content within the cream will enrobe the air, trapping the air bubbles being created. You need a fatty liquid like cream to create those stable air bubbles-- milk with less than a 30% fat content isn't strong enough to stabilise the air being forced in like this. This is why you can try whipping skim milk as long as you'd like but nothing will come of it but a bit of froth.
3. About half way through, you'll hear the container go silent-- no liquid is sloshing around anymore. You can sneak a peek: you've made whipped cream. The volume of the cream has nearly doubled: it's fluffy, light and stable from all the air bubbles trapped by the fat of the cream. The cream in this form will hold that shape well for a couple of hours, and can even be put in the fridge and rewhipped if used within 1-2 days. But don't stop here if you want to make butter happen! You actually need to get rid of those air bubbles you've worked so hard shaking to make.
4. Keep shaking and you'll start to hear a very soft bit of thudding around. This means that the shaking action is now bursting the fat-enrobed air bubbles, breaking them apart, allowing the air to escape and leave behind the fat which was separated from liquid you were shaking, attracted to the air bubbles. The volume starts to collapse. All the fat globules that had been holding the air bubbles in place start to find each other and stick together.
5. As continue shaking, the thudding will get louder and louder and you'll hear something solid smashing around your container. The time this takes depends on the amount of cream you've used, and the ratio of air to cream in the jar. However, by following the proportions in this recipe you should have your butter fully formed by the 3-4 minute mark.
6. If you open the container, you'll see a lump of butter surrounded by liquid. This is buttermilk. You can strain and reserve the fresh buttermilk in another bowl (if refrigerated properly it will last at least a week or two).
7. Once the buttermilk is strained, run the lump of butter under cold water and knead gently to eliminate any buttermilk remaining within. It's divine if eaten fresh like this, or your butter can keep in the fridge for up to 2-3 weeks if the buttermilk has been eliminated well. Otherwise, it will sour within about a week in the fridge.



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