



Sweet Kid-Made Butter

By Erin Fletter

Prep Time 10 / **Cook Time** / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

shake: to rapidly and vigorously move a covered container filled with food up and down and side to side to combine ingredients and create a different consistency, such as shaking whipped cream to make butter.

Equipment

- ☐ Large jar with tight fitting lid
- ☐ Liquid measuring cup
- ☐ Measuring spoons

Ingredients

Sweet Kid-Made Butter

- ☐ 3/4 C heavy whipping cream **(for DAIRY ALLERGY sub softened store-bought dairy-free/nut-free butter)**
- ☐ 1 pinch salt
- ☐ 2 T honey

Food Allergen Substitutions

Sweet Kid-Made Butter

Dairy: Substitute softened store-bought dairy-free/nut-free butter for heavy whipping cream (no shaking necessary). Add the honey to the dairy-free butter.

Instructions

Sweet Kid-Made Butter

fill + shake

Fill a large plastic jar or container with a tight-fitting lid with **3/4 cup of heavy whipping cream**. Add **1 pinch of salt**. Have the kids shake, shake, shake until it becomes butter. It can take over 5 minutes. Just when they think the butter will never work, keep on going! Sing songs. Tell some silly cantaloupe jokes! When the cream becomes too thick to shake, and it seems like nothing is moving in the jar, it means that you are nearly there! Keep going! Soon you will hear a "thunk" and a "slosh!" You just made butter!

drain + stir + serve

Remove the lid and drain off the excess liquid from the butter. Stir in **2 tablespoons of honey** into the freshly made butter and slather on muffins or our **Colorado Cantaloupe Cupcakes**. Yum!

Featured Ingredient: Heavy Cream!

Hi! I'm Heavy Cream!

"I'm not a lightweight, like half and half. I'm full of fat and pour out much thicker. You can also call me 'heavy whipping cream.' The names refer to the same thing! Did you know that I can transform myself with your help? I turn into a fluffy topping to put on cakes and pies when you whisk me as fast as you can (or you can use a mixer). However, I go through an even bigger change when you shake me really hard in a covered container for a few minutes—I turn into butter!"

Heavy cream is the thick, high-fat liquid at the top of raw milk. It naturally separates from the milk, rising to the top. It is skimmed off and then pasteurized to kill bacteria, which makes it safer to drink and lasts longer.

Heavy whipping cream is made up of about 36 percent fat. In comparison, regular whipping cream is 30 percent fat, and half-and-half averages to about 14 percent.

Heavy cream whips up better as a topping if the cream is cold, and pouring it into a cold mixing bowl before whipping also helps.

The Guinness World Record for the most people simultaneously whipping cream by hand is 1,434 and was set on August 22, 2015, by employees of the Swiss company Nordostmilch AG in Bürglen, Switzerland.

A dollop of whipped cream is great on fruit, cakes, and pies. The tallest recorded dollop so far was over 7 inches atop a mug of hot chocolate!

Some of the foods heavy cream is added to include cakes, frostings, ice cream, salad dressings, sauces, soups, sour cream, scrambled eggs, chocolate ganache, crème fraîche, panna cotta, and homemade cheeses.

One-half cup of heavy cream contains 43 grams of fat, 3 grams of protein, and the minerals calcium and phosphorus. It has more of the fat-soluble vitamins A, D, E, and K than lower-fat dairy products. Fat-soluble vitamins are more easily absorbed by your body when eaten with fat.

