

## **Butter Making**

There can be times when there is cream available to make into butter. These include before you are on the tanker run or when unsold cream in supermarkets is reduced.

Cream must be thick not thin. If yours is too thin let stand and use the top part. It must be a few days old and cool, not hot and not too cold, in fact about 17 degrees C (62F). Fresh warm cream will not churn into butter.

Storing cream in a cool room in a raised stainless steel container covered with cloth with cool water dripping over it and cool air circulating or rising up around the containers, should achieve the temperature required.

Add salt to taste. A quarter to half a teaspoon for each quarter kilogram (half a pound). If you plan to freeze it or some, use less salt.

You can use a food processor or electric whisk. Start as if whipping cream. Once it becomes stiff reduce the speed because it can then soon turn yellow with little bits of butter appearing with the buttermilk. Seconds later the butter forms and separates from the buttermilk. If not on slow, bits of butter and milk can end up flying.

### **Washing the Butter**

You must remove all the buttermilk or the butter will go rancid. Add **cold** water to the blender while running on slow for a minute. If the water is not cold the butter will melt and go with the water.

Repeat the washing process until the water is really clean which can take seven washes.

### **Pressing the butter**

You must remove the water from the butter. Special wooden paddles can press it out and shape the butter, or use your hands and the back of a wooden spoon.

### **Storing**

When you have the water out you can wrap it in grease-proof paper.

Homemade butter can be stored for three months in a freezer.

### **Photo**

A butter churn and early one-person-operated vacuum milking machine.

### **From Jane Pike**

Skim the cream off your milk for making butter by collecting the milk in a 3 litre plastic milk bottle and letting it sit until you can see the cream settled at the top. Put the bottle in a large bowl, take the lid off and give it a good squeeze – all the cream will come out the top into the bowl, a bit messy but easy enough to do.

I also make Caspian Sea yoghurt regularly but you need the starter which is hard to find, you just put 100mls into a litre of milk, let it sit for a couple of hours at room temp (the longer you leave it, the thicker it gets) and then back into fridge where it will set – so easy and no heating. I have the culture but not sure the best way to get it to you, unless you are going to ODPG AGM in Palmerston North and I can take some there.

Yoghurt and Cheese cultures are for sale on the curds and whey site [www.curdsandwhey.co.nz](http://www.curdsandwhey.co.nz) I

think.

For years I have been making lovely thick yoghurt by heating milk until a skin forms, cooling to just above body temp, adding 1 dsp per litre of plain natural yoghurt from the supermarket. Keep it warm for 8 or so hours. Ideas for keeping it warm are covered in the hot water cupboard, in the oven with the light on, vacuum flask., we have a bowl that fits in to a polystyrene outer bowl. The best starter natural yoghurt seems to be greek style, bio farm or piako gourmet yoghurt. I love your messy idea Jane. My father used to siphon the milk off the bottom.

Kathy Bentham

Hi Anne,with regards to skimming off cream,it is simply that.We use a 3 litre wide topped jug for collecting the milk.We leave it in the fridge overnight and use a ladle or similar to gently skim the cream.I usually leave about 1 cm on the milk so that its not skim milk!

We dont really bother with yoghurt as we got sick of inconsistent results and the fact that you have to keep it warm,etc.We have kefir instead which has more beneficial bacteria and you don't have to keep it warm.You just strain off the culture(which looks like little heads of cauliflower) each day and add it to fresh milk, leaving it in a loosely covered jar on the bench.You can also leave in the fridge for quite a while and fire it up again by bringing it back to room temp and adding fresh milk.The culture reproduces so theres always some to give away or feed to the chickens, who go mad for it.

I have plenty of culture if you want to give it a go.I could post you some and no it wont go rotten! google kefir and read about how the arabs milked their camels,and added it to the culture which they carried around in the desert in pouches made of leather.Amazing stuff!

Cheers, Jo Collins.