



Butter in a Jar – At-Home Resource

Approximate Activity Time: 15 minutes

Background

This simple recipe has been used at FFDC in the “Discovering Dairy” and “Science of Superfoods” (formerly “Great Grain Exchange”) for many years. It’s easy, fun and most importantly gets some energy out! We suggest you use this resource with the Homemade Bread Resource. Please enjoy!

How to use this resource

1. Follow the “Butter in a Jar Recipe” to make your butter
2. Share and discuss the “Fun Butter Facts”
3. Check out the “Complimentary Resource” section

Butter in a Jar Recipe

Supplies:

- 33-35% Whipping Cream (liquid)
- A jar or other container that seals tightly
- Extra ingredients if you want flavoured butter. Here are some suggestions:
 - Garlic, Salt, Parsley and Green Onion
 - Cinnamon and Sugar

Instructions:

1. As always, sanitize your kitchen counter before cooking anything and wash your hands for 30 seconds. Check out our [“Easy and Effective Sanitizer Mixture” resource](#).
2. Add some cream to the jar leaving at least 50% of the jar empty. If you are adding any extra mixins, do this after the butter is mostly formed.
3. Shake Shake Shake until you form butter! (~5-10 mins of vigorous shaking). The longer you shake, the more firm the butter will be. In our pictures seen below, we shook for 6 minutes for a whipped butter type texture.
Suggestion: make a playlist of 2-3 upbeat songs to listen to while dancing and shaking the jar. Do not stop until the music is done!
4. Enjoy the butter on bread, crackers, muffins, you name it!

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Supplies



Add Cream to Jar



Seal and Shake for
5-10 minutes



Check the texture and
enjoy OR add in some fun
flavours



Add your fun flavours to the
jar and shake to mix



Enjoy your butter!

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Fun Butter Facts

- This is not the exact same as the butter we buy in the grocery store is made! Here are some of the differences:
 - The makeup is different
 - Store Butter is generally 80-84% butterfat, 16-18% water, and 1-2% non-fat milk solids.
 - Whipping cream is generally 33-36% butterfat, 64-67% water
 - They are made slightly differently
 - Store Butter is made by mixing pasteurized butterfat and aging it for 24hrs. Then it is added to a churner to be mixed together. After a while the butter clumps stick together and the liquid is drained out leaving only the butter clumps. The churner then runs again and the butter clumps thicken up even more to the consistency of room temperature butter. It is then formed into blocks and packaged.
 - Our whipped cream butter contains much more liquid as we are not draining anything off. The shaking motion caused the fat to stick together into butter clumps. This will not quite achieve the texture of room temperature butter.
 - The colour is different
 - Store Butter is generally yellow in colour because of the vitamin A content in the butterfat
 - Whipping crema butter is white in colour. There is much less butterfat in the whipping cream than store bought butter, which means there is less Vitamin A. The colour
 - Fun Fact: vitamin A is found in carrots and contributes to the orange colour!
- In both cases, the butter is created when an agitation (churning paddle or shaking) is forcing the butterfat particles to stick together.
- According to the Canadian Dairy Information Centre, in 2018 the per capita consumption of butter was 3.33 kg. That means the average person ate 3.33 kg of butter a year! That's roughly 7 and 1/3 bricks of butter per person, per year!

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Complimentary Resources

- [FFDC's Bread](#)
- [Easy and Effective Sanitizer Mixture](#)
- [Food and Nutrition Literacy's Food Advertisements Resource](#)

Outside Resources Consulted

- Canadian Dairy Information Centre – [Dairy Industry at a Glance](#)
- [How it's Made - Butter](#)
- Dairy Farmers of Manitoba - <https://www.milk.mb.ca/>

Check out our other resources available at
<https://bit.ly/2zyGu9b>

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