

HOW TO MAKE REAL BUTTER

From the Maitland Gaol recipe archives

Why not try out some old fashioned ways to do things during this unique time in Australia's history. Butter hasn't always been available as a store bought product found on our supermarket shelves. For many families in the 19th century it would have been a weekly task to churn the cream from their house cow into butter. This was also the process at Maitland Gaol, with one of the prisoner farm workers allocated to churning the cream to make butter for the Gaoler and his family as well as other officers and for the gaol kitchen.

WHAT YOU'LL NEED



Plastic container with agitator (or glass jar with lid and a clean golf ball)



Thickened cream



Spoon



2 x bowls



Butter knife



Bread

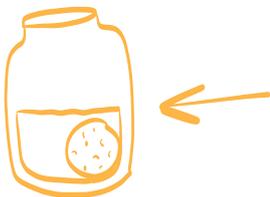


Your favourite spreads

INSTRUCTIONS

STEP 1

Pour cream into your container with agitator, do not fill over halfway, place lid on tightly.



STEP 2

Shake the container as vigorously as possible (depending on consistency and strength of shaker this should take between 7 and 10 mins or until the cream separates)

Notice the changes as you continue to shake

STEP 3

Once cream has separated into a milky liquid and solids you can drain out the milky liquid into a bowl. Reserve this, it is buttermilk and can be used to make pancakes or soda bread.

STEP 4

The remaining solids are butter. Scrape out into your second bowl. You can use this straight away so spread on bread and enjoy as is or with your favourite spread.



If you'd like to keep some for later, use the back of the spoon to press as much liquid out of the butter as possible. You can then store the butter in an airtight container in the fridge for **2 - 3 days**.

We hope you enjoy this activity at home with your family. We'd love you to share photos and your thoughts about the taste with us on social media, so don't forget to tag [#maitlandgaol](#) or [#gaolbutter](#)

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