**Butter Making**

**Ingredients**
- Heavy whipping cream
- Container with lid (or mason jar)

**Instructions**
1. Pour about a third of a cup of heavy whipping cream into a clean container with a lid.
2. Place the lid on the container, and make sure it’s on tight.
3. Shake the container vigorously. This will take time, so be patient.
4. Stop once the heavy whipping cream starts to solidify, there will be some liquid still in the jar. That’s buttermilk, and it can be used for recipes. The solid part is butter.
5. Spread the butter on some toast or a cracker and enjoy! Chill left overs.

**Variation:** To speed this up, make your butter in a plastic container and drop a clean marble in with the heavy whipping cream - it will help with the churning.

In the 1800s, people didn’t have access to stores like we do now so they would make their own butter. By shaking the heavy whipping cream we are agitating the cream, and acting like how a butter churn works. The fat molecules in the cream come together when agitated and make the solid butter part, while the liquid separates and is the buttermilk.