

MAKING HOMEMADE CULTURED BUTTER

Making your own homemade, organic, cultured butter is fun and easy. The materials you will need are minimal, but the quality of the cream you will be using is essential. If possible, please use organic, grass-fed, **raw** cream. It is much healthier than the pasteurized cream you will find in your local super market. Please do not use half-and-half. You will need heavy, full-fat cream to make your cultured butter. The probiotic starter you will need to “culture” your butter can be purchased online at www.culturednutrition.com or call (877) 773-9229. Look for the starter named “Culture Starter” – NOT Kefir starter or Essential Duo. Please store your culture packets in the freezer.

Before you begin, make sure you have the following materials: 1 medium *glass* mixing bowl, 1 large *stainless steel* mixing bowl, 1 scraper/spatula, 1 large spoon, 1 or 2 quart-size mason jars, and a hand-held mixer/beater, 1 medium mesh strainer, and 1 pot. Once you have all of these items, you are ready to start the butter making process. PLEASE wash your hands well and wash all of the items listed above in very hot, soapy water to ensure they are free from other bacteria. NOTE: Use larger, deeper bowls than you think you will need. As you churn/beat your cream into butter there will be some splattering. Larger, deeper bowls catch this splatter and will save you tons of clean-up time!

First, take out 1 packet of your culture starter from the freezer and set it aside while you prepare the cream. This will allow the beneficial bacteria in the packet to “wake up” and warm up too. 1 quart of raw cream is a perfect amount to start with. Pour the cream into a very clean pot. Place this pot on your stove and gently, on a very low flame or heat setting, WARM you cream while stirring. DO NOT BOIL! Boiling it will destroy natural enzymes and fragment the fragile proteins of your wholesome cream. In just a few short minutes, your cream should feel neutral to your finger. The reason we warm the cream is merely to bring it from a cold refrigerator temperature to a neutral room temperature. The beneficial bacteria you will be adding later love warmth and grow best in it.

Once your cream has a neutral/warmish feel to it, pour the cream into a mason jar. Now you are ready to “inoculate” the cream with the culture starter. Earlier you removed 1 packet of culture starter from the freezer. Now use this same packet, open it and slowly sprinkle in the culture powder while stirring the cream. If dump the packet of culture powder in all at once, it will clump up and will not dissolve well. You may also want to add in something called FOS at this step. FOS (fructooleosaccharides) is a natural fiber, which feeds the beneficial bacteria in the culture starter – making them very strong and abundant. To purchase some FOS, please visit www.culturednutrition.com and look for the FOS product called “EcoBloom”. Simply sprinkle in 1 scoop of EcoBloom powder into the cream either before or after you add the culture powder. Stir well with a clean spoon. Now place the lid on the jar, hand tighten and let this jar of cream sit out and culture at room temperature on your counter top, shelf or cabinet for 24 hours or until it becomes nice and thick like sour cream. Once your cream reaches this thick, light yellow color; place the jar into the refrigerator for at least two days. Put it in the back of your refrigerator where it’s nice and cold. This will help “set” your cream and cut down on the time you will need to beat/churn it into butter.

After two days of refrigeration, your cream is ready to become butter. At Immunitrition, we like to save a bit of this thick cream (also called sour cream or crème fraiche) to enjoy as is. Then we use the rest of the thick cream to churn into butter. Before churning or beating your cream, you will need to do several things. First, place both clean bowls into

the freezer along with the beaters from your hand mixer. Let these items get nice and cold. Remove them from the freezer and immediately fill the large stainless steel bowl with ice. You will only need to use enough ice to fill the stainless steel bowl half way. Pour about a cup or so of cold water over the ice and swish around the icy mixture in the bowl. Now place the glass bowl, into the ice and water in the stainless steel bowl. This set up serves to keep the butter very cold as you churn it into butter. Also, placing the glass bowl on top of the ice allows the bowl to spin around naturally aiding in the churning process! It's like having a built-in bowl spinner!

Spoon out the thick cream into the cold, glass bowl. Connect your chilled beaters to your mixer and set into the cream. Turn on the mixer to a low setting then gradually increase the setting to "high" or the highest number on the mixer dial. Churning your butter takes about 15 to 20 minutes. From time to time you may need to use a scraper/spatula to remove the cream from the sides of the bowl in order to evenly churn all the butter. Simply keep beating the cream and you will see it move through many stages. First of course, you will see a sour cream –like stage. Then you will see a more whipped cream stage. Next you will see the cream enter a whipped butter stage. If you wish you can stop beating the cream at this stage and simply have a delicious whipped butter.

The next and final phase the butter enters is the most interesting! As you continue to beat the cream you will see (after the whipped butter state) the cream will start to get lumpy and some cloudy water starts to form in the bottom of the bowl. This cloudy/milky water is cultured buttermilk! At this point, splattering of the buttermilk can occur so you may wish to set your beater to a medium power. Keep beating and within minutes, the butter-fat will completely separate from the butter milk. The clumps of butter-fat will feel oily to the touch. Now you will need to strain off the buttermilk to isolate the butter fat. Take your wire mesh strainer and catch the butter milk in a bowl to save for drinking and adding to recipes. In your strainer should be globs of beautiful butter-fat. Collect all the fat globs into a big ball of butter and with your hands squeeze the ball of butter-fat to further remove the buttermilk. You will see that the butter is slippery in your hands and may even squeeze through your fingers as you apply pressure to remove more buttermilk. Now place the ball of butter-fat into a shallow glass bowl and use your spatula to spread out the butter into an even layer in the bowl. Refrigerate and enjoy!

And there you have it... homemade, cultured, organic butter! You won't want to cook or fry with this butter because you will kill of the beneficial bacteria by exposing it to high heat, but feel free to place a pat of it over warm foods and let it melt. Add it to soups, grains, veggies, or even enjoy it from the spoon. It's that good for you!

Remember, you need healthy fats like cultured butter, organic coconut oil, palm oil, ghee (clarified butter), olive oil, flax oil, evening primrose oil, macadamia nut oil, pine nut oil, pumpkin seed oil, avocados and soaked nuts and seeds in your diet to absorb minerals into your body. Use moderate amounts of fat and try to have different fats each day of the week for a broad spectrum lipid profile. Your body will thank you!

To find sources for these healthy fats and other recommended nutrition products, please visit www.immunitrition.com and navigate to the "Popular Products" web page. There you will find all the contact information for purchasing these healthy foods.

Again, to purchase the starter culture for making cultured butter and cultured veggies, visit www.culturednutrition.com. Click on "Culture Starters" located in the left hand menu.