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Cultured Butter

To make whey strain yoghurt or milk kefir through some muslin/cheesecloth/coffee filter. I use a coffee filter in a plastic funnel placed over a jar to collect the whey.

Add some whey from yoghurt or milk kefir to cream and leave to ferment at room temperature covered with a cloth. ½ cup whey per 500mls cream would be about right. When taste is to your liking blend in food processor with a little salt. After some minutes it will separate into butter and buttermilk. Pour the buttermilk into another container using a spoon to press buttermilk out. That's it although you can do an extra step by pouring ice cold water into blender and blending for another 30 secs. Pour off the water.

If you want to make butter a little softer you can add some olive oil towards the end of the process.

There are many uses for the buttermilk which is a by-product of this process so make sure you don't throw it out.

