

EXPLORE!

WEDNESDAYS

« IN NATURE LAB »

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HOMEMADE

BUTTER

Materials

- Jar that has a tight twist lid. (baby jars and canning jars work great)
- Heavy Whipping Cream (high fat count is very important)

- 1 Fill jar 1/3 full of cream.
- 2 Twist lid tight.
- 3 Shake vigorously. Time can vary, some people say they can make it in 8 minutes. It took me 15 minutes. I recommend you do this with a least 2-3 people to take turns.
- 4 Open the lid and check your progress about every 3 minutes.
- 5 Look for the solid and the liquid to separate. At some point it may even be whipped cream. Keep shaking.
- 6 When the liquid and solid separate, its ready.
- 7 Pour the liquid into a container. It's buttermilk and can be used to make some yummy pancakes.
- 8 Take the solid and rinse it with cold water. Then press it together squeezing out all the liquid. You may need to repeat this a couple of times.
- 9 Form into a ball or use a cookie cutter to make cool shapes.
- 10 Store in refrigerator up to 2 weeks.



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HOMEMADE

VANILLA ICE CREAM

Materials

- 1 cup half and half (you can use $\frac{1}{2}$ cup of heavy whipping cream and $\frac{1}{2}$ cup of milk)
- 2 tbsp. granulated sugar
- $\frac{1}{2}$ tsp. vanilla extract
- $\frac{1}{3}$ cup salt
- 3 cups of ice
- Large plastic zipper bag
- Small plastic zipper bag

- 1 Pour the cream, vanilla, sugar into the small zipper bag and seal tight (double bagging prevents leaks).
- 2 Put 1 cup of ice in the large bag.
- 3 Pour half that salt over the ice. I used course pink Himalayan salt. If you use table salt, be sure to rinse off the inner bag so that salt does not get into the ice cream.
- 4 Put small sealed bag on top of ice.
- 5 Pour in the rest of the ice and salt.
- 6 Seal the large bag and shake. It can get cold, we tried oven gloves and covering it with a towel. Both worked well.
- 7 Shake for 5 minutes and then carefully open the bag. If it is soft, seal it back up and shake for another 5 minutes.
- 8 You can enjoy right away or store it in the freezer up to 10 weeks.

