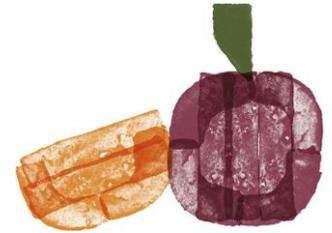


HERBED BUTTER

(homemade butter)



Season:	All year
From the garden:	Kawakawa, piko piko, parsley or any other soft herbs
Type:	All meals
Difficulty:	Easy
Makes:	Approximately 250 grams butter and 250 mls buttermilk
Source:	<i>Maria Wilson, Kitchen Specialist, Dominion Road Primary</i>

Equipment:

- Large mixing bowl
- 5 glass jars with fitting lids
- Spatula
- Serving dishes

Ingredients:

- 500ml bottle of cream (at least 35% fat content)
 - Pinch of salt
 - Handful of parsley or other soft herbs
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How to make:

1. Wash and dry the herbs and chop them finely.
2. Gather 5 clean and dry jars with fitting lids. Pour the cream evenly between the jars. Secure the lids.
3. Shake the jars vigorously until the cream turns first into whipped cream, then into lumpy curds and then into a solid mass with a layer of buttermilk in the bottom of the jar (*this might take up to 10 minutes!*)
4. Drain off the liquid. This is the buttermilk to use in any future baking. (Or this could be used as part of the liquid component in the Māori bread recipe).

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5. Put the butter into a large bowl. Use a rubber spatula to press the butter and squeeze out as much of the remaining liquid as possible. Add about a ½ cup ice water to the butter and continue to press the butter and water against the side of the bowl. (**This step, called washing, is important to keep the butter from spoiling if you are not going to use it all straight away**). Pour off the cloudy liquid. Add more ice water and repeat the process two or three times until the water becomes less cloudy.
6. Continue kneading butter against the side of the bowl until all the liquid has been pressed out and the butter is smooth.
7. Add the salt and chopped herbs and mix well.
8. Divide between small serving dishes and serve with fresh, hot bread.
9. Enjoy!

Notes:

- Don't let the cream get too warm beforehand.
- This recipe is easily increased or decreased – just add or subtract in 100 ml increments.
- This is a good chance here to use some maths solving – how many millilitres in each jar to divide evenly?
- If you have other herbs growing in your garden, you could try adding finely chopped fresh or some dried herbs (use less dried than fresh).