BUTTER

1 CUP heavy whipping cream

In a food processor, process the heavy whipping cream until it turns to fine, rice-grain-size solid pieces. It will go through several stages to get to this point, from frothy to soft whipped cream to coarse whipped cream to solid bits, and the color will change from off-white to pale yellow. If you do not have a food processor, you can place the whipping cream in a mason jar with the lid tightly screwed on and then shake the jar until you get the rice-grain-size pieces.

Let the butter stand about 5 minutes. The liquid, called buttermilk, will separate from the butter during this time. Set a fine-meshed sieve over a bowl. Scrape the butter mixture into the strainer and let the buttermilk drain. Strain the buttermilk again through a fine-meshed sieve and add it to the Mason jar on the ingredient table.

Transfer the butter to a colander and knead it with a wooden spoon, potato masher, or two forks to remove excess water and blend granules. Pour off the water occasionally, and continue kneading until most of the water has been removed and the butter becomes firmer. This can take up to 10 minutes. Mix in 1/8 teaspoon salt; this will help retard spoilage as well as add flavor. Keep working until the butter is dense and creamy and all liquid has been worked out, another 10 minutes.

You can form the butter into any shape you wish at this stage: You can make a simple block or press it into ramekins or molds. When you’re done, wrap the butter in saran wrap and keep it in the refrigerator.

The Home Creamery by Kathy Farrell-Kingsley