



Cultured Butter

This adds a depth of flavor to butter and has health benefits

3 1/4 cups heavy cream
1/3 cup buttermilk
1 1/2 teaspoons kosher salt

Equipment Needed: standing mixer, cheesecloth, sieve, jar or bowl

Mix Ingredients in Medium Bowl: Whisk all ingredients together until blended; cover with plastic wrap; let stand at room temperature for 48 hours. Then chill the cultured cream in the refrigerator for 24 hours.

Mix Using a Mixer: Beat cultured cream mixture at low speed until the butter forms and the buttermilk separates out, about 8 to 10 minutes. (If it doesn't separate out, increase the speed of the mixer.)

Separate Whey and Butter: Drain the butter in cheesecloth-lined sieve. Set whey aside; refrigerate for another use. Wrap the cheesecloth around butter; squeeze out excess buttermilk. Transfer butter to a medium bowl or a jar. I formed our butter into a ball and then placed it in a medium bowl. Cover and refrigerate the butter. Serves: about 1-1/4 cups Butter can be refrigerated for two weeks.

Recipe by: Chef Iliana Regan

Suggests serving it with homemade bread and raspberry preserves
For More Information and original recipe See:

<https://www.foodandwine.com/recipes/cultured-butter>

Cook's Note: I checked several recipes for culturing butter, and they had various times needed for fermentation. The general feeling was that a longer fermentation period created a better product. My family likes yellow butter, so I added a little ground turmeric, that turned it a beautiful yellow gold color.

About the Recipe: Culturing butter takes several days to make, but the directions are easy. It is known to add a depth of flavor to butter and have additional health benefits. Live bacterial cultures are added to a cream mixture that slowly thickens, developing the tangy flavor of buttermilk. After the fermentation period, it is then turned into a cultured butter.