

History Task 3 (Science Task 5)

History/Science In this lesson, learn about the science behind some Viking food production methods, and find out about the modern production of dairy foods.

- 1) Work through the ppt or pdf file of the information you need.
- 2) Follow the instructions – can you make butter?

All files and tasks are available on our website.

Name: _____ Date: _____

MAKE BUTTER LIKE THE VIKINGS!

Basic Method:


1. Pour double cream into a jam jar, filling $\frac{1}{2}$ of the way.
2. Screw the lid on, and start shaking! Churning butter takes a while, so take turns.
3. After several minutes, the butterfat and buttermilk will begin to separate. Keep shaking until you can see a solid lump of butter form.
4. Pour the contents through a sieve into a bowl, to catch the butterfat.
5. Dip the sieve into a bowl of very cold water to wash the remaining buttermilk off the butterfat.
6. Tip the washed butter onto a chopping board. You can use kitchen towel to pat it dry.
7. Sprinkle a very small pinch of salt onto the butterfat. Mix it in with two dessert spoons.
8. With the spoons, lift the butter onto a square of tin foil. Roll it and twist it, like a Christmas cracker, into a neat package to refrigerate.

You will need:

- Double cream
- Salt
- Jam jar
- Sieve
- Mixing bowl
- Chopping board
- 2 dessert spoons
- Tin foil
- Stopwatch

Write some notes about the process of making butter. Include:

- Descriptions of the taste, appearance and texture of the cream, butterfat (before it's salted) and the buttermilk
- A table showing the times at which you notice changes in the cream during churning
- Labelled drawings or photos of each significant stage in the process



The Vikings didn't have jam jars, of course! They made their butter in wooden churns, which stirred and bashed the cream in a similar way to separate the butterfat and buttermilk. Nothing was wasted: the buttermilk was either drunk fresh or left to sour before drinking. Today, buttermilk is often used as an ingredient in baking.

© PlanBee Resources Ltd 2017 www.planbee.com