

# Butter

## **To Make Butter you need:**

2/3 cup cold heavy whipping cream

1 cup canning jar with lid and ring

## **Directions:**

Pour cream into the jar and screw on the lid. Shake the jar until butter forms a soft lump, 15 to 20 minutes. Continue to shake until buttermilk separates out of the lump and the jar contains a solid lump of butter and liquid buttermilk.

Pour the contents of the jar into a fine mesh strainer and strain out the buttermilk, leaving the solid butter. Wrap the butter in plastic wrap or place it in a container. Put in the fridge until needed.

# Baked Bannock

## **This is a Tseshaht Recipe**

### **Ingredients:**

6 cups flour

1 heaping tbsp softened butter

2 heaping tbsp baking powder

1 tsp salt

1 tsp sugar

3 cups milk

Preheat oven to 375°F – grease and flour 9 x 13 pan.

Cut the butter into the flour. Add baking powder, salt and sugar, and mix.

Add milk and continue mixing – add a bit more milk or flour if necessary. Mixture should not be sticky.

Pour into prepared pan and let sit for 5 to 10 minutes. Reduce the oven heat to 350° and bake for 45 minutes.

Try this bannock with your freshly made butter.