GLOBAL · SAUCE

Homemade Cultured Butter

30 min · plus 24–48 h culturing and 1 h chilling Makes 32 × 1 tbsp (14 g) 100 kcal a portion

Video 4:42 · Chef Studio

Carnivore | Vegetarian | Gluten-free ingredients | No nuts listed

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Made from just cream, live yoghurt and salt, with no additives — but it is still butter: about 100 kcal and 11 g fat (7 g saturated) a tablespoon, so spread it thinly.

Diet notes: Keto (0 g net carbs a serve).

Ingredients 3 · MAKES 32 × 1 TBSP (14 G)

- [ ] 1 litre double (heavy) cream, cultured and churned (makes about 445 g butter)
- [ ] 150 g **plain yoghurt** with live cultures (ends up in the buttermilk)
- [ ] 7.5 g **flaky sea salt** (1.7% of the butter's weight)

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. In a clean, sanitised container stir 1 litre double (heavy) cream — at least 35% fat — with 150 g plain yoghurt with live active cultures. Cover with a very clean tea towel. 0:13
2. Leave at room temperature for 24–48 hours (less in a warm kitchen), checking and smelling it now and then, until it smells tangy, sweet and intensely buttery. Then chill it for 1 hour. 0:45
3. Whisk in a stand mixer until yellow butter granules form and separate from the buttermilk; turn the speed down at that point so the buttermilk doesn't splash. 1:07
4. Pour into a sieve lined with cheesecloth or a large coffee filter set over a bowl and squeeze out the buttermilk. Keep the buttermilk in the fridge for baking (it isn't counted here). 1:35
5. Wash the butter: knead it in ice-cold water, changing the water, or under very cold running water, until the water runs clear. Pour off all the water. 2:08
6. Weigh the butter and mix in 1.7% of its weight in salt (7.5 g for 445 g) with a paddle for a minute or two. 2:46
7. Roll it up in cling film, twist the ends tight and chill until firm, then slice and serve. If anything smells or looks off at any stage, throw it out and start again. 3:25

> **Tip** Makes about 445 g butter, roughly 32 tablespoons, plus fresh buttermilk. Leave out the salt for unsalted butter. Cream must be at least 35% fat (double or whipping cream).

The method is a summary in our words — the video shows every step.

One portion, 1 tbsp (14 g), gives you 1 OF 32 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
100 kcal	0.1 g	0 g	0 g	11 g	90 mg
420 kJ	0% of a day	0 g net · 0 g sugars	0% of a day	7.1 g saturated	4% of a day
		0% of a day		14% of a day	

Energy from net carbs 0% · protein 0% · fat 100% — fits keto: 0 g net carbs, 100% of the energy from fat

Source of (10–19%) Vitamin A 11%

Recipe and video: Chef Studio (@kristin_atwood) on YouTube — youtube.com/watch?v=iATelvaGVXE, published 28 June 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/homemade-cultured-butter