

Homemade Buttermilk

Buttermilk is a great addition to many recipes (pancakes and waffles...yum). It's not always something we keep on hand, but there are easy ways to make your own using Hansen's milk.

Part 1: Quick fixes when cooking and baking

When a recipe calls for a cup of buttermilk, try one of the following ideas:

Option 1: Pour 1 tablespoon of lemon juice or white vinegar in a liquid measuring cup. Fill it with enough milk to make one cup and stir. Let sit 5-10 minutes.

Option 2: Pour 3 tablespoons milk in a liquid measuring cup and fill with enough plain yogurt to make one cup. Stir.

Option 3: Thin some sour cream with milk (about half and half).

Part 2: Real, traditional, homemade buttermilk (bonus: homemade butter!)

This version is a bit more work, but makes a more traditional buttermilk. The ingredients are very important - make sure the cream and yogurt do not have stabilizers or additives. If you get the cream and yogurt from Hansen's, you won't have to worry about that!

Makes about 2 cups

1 quart Hansen's heavy cream

1/3 cup plain whole milk yogurt (available at the Cedar Falls Outlet and the Waterloo Moo Roo)

1. Pour the cream into a VERY clean glass bowl (plastic can hold onto bacteria, so use glass). Scrape any solids left in the container into the bowl as well. Add the yogurt and whisk by hand, gently, to combine. Cover with plastic wrap and set the bowl in a warm-ish place on your counter overnight or all day long. This is when the cultures will grow in the cream/yogurt mix.
2. The next morning, or after the mixture has rested all day, give the bowl a little shake. If the cream looks very thick on top, it's ready. If the bowl was in a cooler spot, or if it's the middle of the winter, it could take a few more hours.
3. Beat the mixture with an electric beater on high until it starts to form peaks, then switch to low. When the mixture starts to form peaks, it will start to separate and the milk solids will break apart from the liquid, so using low speed is a good idea to avoid a mess. Keep mixing on low until you see a distinct separation happening.
4. Now you have a bowl full of two things: unsalted butter (the solids) and buttermilk (the liquid). Pour off the buttermilk by straining it through a fine-mesh sieve into another glass bowl. Press the butter to make sure you get all the buttermilk off.
5. To enjoy your butter, remove the butter from the sieve and squeeze it with your hands to get rid of excess buttermilk. Rinse the butter with cold water and alternate squeezing and rinsing until the water runs clear. If desired, stir in 1/2 tsp table salt to the butter. Refrigerate and use the butter as you would any other.