



Full Flavored Fats Fact Sheet

Cultured Butter. What is it?

Butter is an all-important cooking and baking ingredient derived from cream. Cream contains fats and liquids that can be separated through churning. The fat collected from the process is then used to make butter, while the liquid part (buttermilk) is drained off.

However, letting the cream ferment with live bacteria before churning creates a tangy version called cultured butter. Fermentation of butter also increases its milk fat content, resulting in a creamier texture.

Fermentation times vary, you want to ferment your cream, slowly, to produce the best aromas. The longer you culture, the better. A minimum of 12 hours is suggested before churning.

Cultured butter is creamy, more buttery in flavour, and has a **high melting point** than ordinary butter. Meaning

it stays longer on your hot toast before it melts.

Many of the unique attributes of cultured butter are brought about by the formation of lactic acid. As the added live bacteria feed on the sugars in cream, lactic acid is formed as a by-product. This creates the tanginess in cultured butter. Bacteria also break down lactose (milk sugar) and casein (milk protein) in cream that are difficult to digest, making cultured butter friendlier to the digestive system.

Cooking with cultured butter

Butter can make everything taste better, and Cultured Butter can do everything your standard butter can do, and deliver even better results and flavour .

The higher fat content of cultured butter increases its smoke point. This prevents the butter from burning too quickly when you use it for sautéing and pan-searing.

