BUTTER

1 carton of double or single cream (250ml)
1 jam jar with a lid or a plastic container for younger children
1 glass
1 plate
A strong pair of arms

1. Leave the cream on the table for about an hour. It shouldn't feel cold.
2. Pour the cream into the jar until it is about half full.
3. Screw the lid on tight.
4. Take the jar and start shaking it up and down. Stop and look at the cream in your jar every few minutes.
5. After about 15 minutes you'll feel something solid in the jar. Keep going until you see a solid lump. Take the lid off the jam jar and drain the liquid (butter milk) off.
6. The solid yellow lump is butter.
7. Put it on a plate and spread it on the damper.