

## How could you survive in Tudor England?

**Presented by Ruth Goodman**

### **Store up supplies for winter: Video transcript**

Ruth Goodman: Now, the reason I've transferred my milk into these dishes is to help the cream separate.

Anybody who's a little bit older remembers the days before homogenised milk. And they remember that in milk bottles it always used to rise, and you'd get a bit of cream on the very top.

Look, see how thick that cream is. Super thick, look at that.

Lid on to minimise splashing.

Hear that? Knowing what stage you're at is all about listening to the sounds that it makes in the churn. And now it's all a matter of time. A volume of cream like this can turn into butter in as little as 15 to 20 minutes.

After all, everyone had a cow. The point was you could graze a cow even if you had no land yourself, you could graze it on the common land, you had a right to put a cow on the common, which meant that you had access to some milk.

You could make your own butter, you could make your own cream, you could make your own cheese. White meats, therefore, were a very democratic food, everybody had them. And the rich sneered.

Oh, yes, look at that. Now that looks good. There we are, look, butter.