



HOMEMADE GHEE

Vata↓, Pitta↓, Kapha↓*

Makes: 2 cups (1 pint)

Cook Time: 30 minutes

*Increases Kapha in excess.

INGREDIENTS

- 1 pound unsalted, organic butter (traditionally cultured butter is used)

DIRECTIONS

1. Unravel the 4 sticks of butter and place them in a medium sauce pan over medium heat to begin.
2. Stir the butter occasionally until all the sticks have melted completely. Once this has happened, reduce the heat to low.
3. Let the melted butter sit uncovered on low for about 20 to 30 minutes altogether. During this time you will notice a frothy white foam that will begin to form at the top. This is the milk solids separating from the oil, and can be removed with a clean, dry spoon periodically.
4. Since each batch may vary on time, it is very important to begin to watch the ghee closely after 20 minutes. You will notice the cloudiness of the original butter will begin to slowly disappear until you are able to see through it like an oil. The white foam will begin to settle at the bottom of the pan. Once the ghee is completely transparent and the curds at the bottom begin to brown ever so slightly, remove the ghee from the heat. If left on even a minute too long, the sensitive ghee may burn and become unusable.
5. Once finished, let the ghee cool off for about 15 minutes. Strain the finished ghee into a clean and dry glass container using the cheese cloth. Make sure the milk solids strain out completely.

NOTE: If needed, you can use a thick paper towel or thin (clean) dish cloth to strain by placing a small mesh strainer over the glass container and then placing the towel over the strainer.

6. You will be left with a beautiful, golden, transparent oil that will eventually solidify once it cools to room temperature (unless it is hot out, then it will stay liquid or semi-liquid).

Storage tip: Ghee has an infinite shelf life and does not require refrigeration. Make sure to use clean, dry utensils with each use since ghee is susceptible to mold when it is mixed with even small amounts of food or water.