



Ghee

Ghee is a traditional Ayurvedic cooking fat made by gently simmering butter to remove water and milk solids.

Servings: A bit less than 1 pound
Preparation Time: 20-40 minutes



Ingredients

- 1 pound of **unsalted organic butter**

Instructions

- Place the butter in a large, heavy-bottomed stainless steel saucepan.
- Turn the heat to low and cook uncovered for about 20-40 minutes.
- As it cooks, the butter will splurt and splutter; pay attention to this noise.
- You will know the ghee is close to being finished when a brownish coating accumulates on the bottom of the pan.
- At this point, begin to keep an eye on the ghee (it can burn very quickly).

Ghee (Cont.)



Instructions (Cont.)

- When it becomes very quiet and is no longer bubbling away, or it begins to foam up, much more than in the early stages of the process, the ghee is done and should be removed from the heat.
- Let it cool, then pour it through a stainless steel mesh strainer lined with cheesecloth into a glass or stainless steel container with a top.
- The milk solids on the pan's bottom should be discarded.
- Do not refrigerate the ghee, as condensation could cause water to accumulate in the ghee.
- Avoid using utensils with water drops or food particles in the ghee to prevent contamination and spoiling.

Ghee is excellent for all doshas, but Kapha should use it in moderation.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

