

THREE SEASONS AYURVEDA



Ghee Recipe

Yield 10 oz.

Equipment Needed

1-Medium Pot
1- Ladle or large spoon
1- Strainer
1- Glass container for storage
Cheese Cloth (Optional)

Ingredients

1# Unsalted Butter (Sw/C/Sw)

Procedure

1. Place 1 pound of organic unsalted butter in a heavy, medium sized pan. Turn the heat to medium until the butter starts to melt.
2. When the butter starts to bubble turn the heat down to a simmer, making sure the butter does not burn, do not cover the pot.
3. As the butter simmers it will create a layer of foam on top, using a ladle or large spoon start removing the white froth that accumulates.
4. You will also notice that the milk fats will start accumulating on the bottom of the pan; the butter will start to smell like popcorn and will have a beautiful yellow color, watch it very closely because you do not want it to burn on bottom.
5. Once the ghee is clear and the milk solids have attached to the bottom of the pot you can turn it off and let it sit for 5 minutes.
6. Next take a strainer lined with cheesecloth and carefully pour the clear Ghee thru the strainer leaving the bi-products behind.
7. Ghee does not require refrigeration and you should always use a clean, dry spoon when taking ghee out of it container, it can become contaminated.