

Ghee Recipe (clarified butter)

Ghee is magic: utterly delicious, highly nutritious, easily digestible--it is understood in Ayurveda to be the best fuel for *agni*, the body's digestive fire. Consumed regularly, it will make your skin glow and your spirit shine! It's the ultimate cooking oil, and it's great added at the end of a dish as well. And it's easy to make at home. Just make sure not to skimp on the quality of the butter.

You'll need:

*1-2 lbs organic, preferably cultured butter from grass-fed cows. Quality matters!

*A heavy-bottomed saucepan (stainless, enameled or cast iron)

In a nutshell, the process can be summarized as “cook butter til done (don't scorch).”

In a bit more detail:

Place the butter in the pan over medium heat. Allow butter to melt, then come to a boil. Adjust heat and allow it to simmer with moderate vigor, uncovered. As the water content of the butter boils away, the “milk solids” (lactose and protein content of the butter) will clump together and separate from the golden butterfat, which is what we are after. As the cooking continues and bubbling slows, these solids will fry in the butterfat and settle to the bottom. As this happens they can easily burn, which is the only really tricky part to making ghee. Especially towards the end, make sure to keep the heat low and scrape the bottom to prevent your beautiful golden ghee from turning to what the French call “brown butter” (which would at least still be tasty) or something truly scorched.

The ghee is finished when the whitish milk solids have fried to a light golden-brown. At this point the ghee will take on a toasty smell; be careful, because it's easy to go from toasty to roasty and then plain burnt.

Use a ladle and strainer to transfer the ghee into a clean glass jar or two. It should keep for many weeks even out of the fridge since you've eliminated the water content of the butter. For longest shelf-life, store in fridge.