

HOW TO MAKE GHEE



Tags: [Kapha](#), [Pitta](#), [Vata](#)

Prep Time: 2 Min

Cook Time: 10 Min

Serves: Makes 8 oz

Directions:

1. Place your butter in a medium sized saucepan on medium heat.
2. Allow the butter to melt and turn the heat down until the butter is just simmering. Continue to cook at this heat uncovered.
3. You will notice the butter will begin to foam and the boiling is loud. There is no need to stir. The foam or fat solubles at the top will begin to move to the bottom.
4. Once the sputtering begins to quiet down, it will begin to smell like popcorn.
5. Gently tilt your pan and you'll begin to notice white curds (fat solubles) forming at the bottom of the pan. When these turn to a light golden brown and crystalize, your ghee is done.
6. Take it off the heat as it is most likely to burn once the curds turn this color.
7. Once the ghee has cooled off, strain it using a mesh colander and a layer of cheese or muslin cloth. Place your ghee in the refrigerator for

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about 4 hours, until hardened.

8. Ghee can be kept in your pantry or countertop with a lid for up to one year. You will only need to refrigerate your ghee if you “double-dip” your utensils from food to ghee. Do not allow water to get into your ghee.
9. Keep practicing, once you’ve got the hang of it; make 2-3 pounds at a time!

Ingredients:

1 lb of organic, grass-fed unsalted butter

fine mesh colander

cheesecloth or fine muslin cloth (I prefer the muslin cloth because you can wash and reuse)

Medium-sized saucepan

In India, the cow is a respected sacred being. Ghee clarified butter is often described as “mother’s milk” in Ayurveda and is essential for health and well-being.

Many Westerners are concerned that the use of butters and oils and even ghee will increase cholesterol or fat in their diet. Used with an Ayurvedic lifestyle, this is unlikely to occur.

While butter can cause congestion, ghee can help remove blockages. Ghee, unlike any other oils and butters, stimulates the healthy flow of fluids throughout the body. Ghee strengthens ojas, our immune system. It nourishes the mind, provides clarity, increases intelligence, energy, confidence, memory, and lubricates connective tissues. It aids in digestion and improves absorption and assimilation.

There are many ways you can use ghee, externally and internally. Ask me how at your next appointment!