

Instructions for making Ghee

Ghee can be used in place of butter and is an ideal cooking oil, as it does not burn unless heated excessively. Ghee has a very nourishing quality and is good for improving memory and lubricating the connective tissue. Ghee pacifies *pitta* and *vata* and is acceptable, in moderation, for *kapha*.

It is said that ghee has a wonderful holding power for the intention we put into it. Because of this, choose a time when you can create a peaceful atmosphere in your kitchen. It is especially nice to sing or chant while making your ghee. If you are making it as a gift, you can also imagine the ghee containing the good feelings that you have in your heart that you would like to send to this person.

Enjoy!

INGREDIENTS

1 pound unsalted butter (Organic grass fed if possible)

PREPARATION

Put the butter in a heavy, medium-sized pan. Turn the heat on to medium until the butter melts.

Turn down the heat until the butter just boils and continue to cook at this heat. Do not cover the pot. The butter will foam and sputter while it cooks. Whitish curds will begin to form on the bottom of the pot. The butter will begin to smell like popcorn after a while and turn a lovely golden color. Keep a close watch on the ghee, as it can easily burn. After a while it will become a clear, golden color. You will have to take a clean, dry spoon to move away some of the foam on top in order to see if the ghee is clear all the way through to the bottom. When it is clear and has stopped sputtering and making noise, then it needs to be taken off the heat. Let it cool until just warm. Pour it through a fine sieve or layers of cheesecloth into a clean, dry glass container with a tight lid. Discard the curds at the bottom of the saucepan. The ghee is burned if it has a nutty smell and is slightly brown.

1 pound of butter takes about 15 minutes of cooking time. The more butter you are using, the more time it will take.

Ghee can be kept on the kitchen shelf, covered. It does not need refrigeration. The medicinal properties are said to improve with age. Don't ladle out the ghee with a wet spoon or allow any water to get into the container, as this will create conditions for bacteria to grow and spoil the ghee.