

Homemade Ghee

Ghee is golden, clarified butter cherished in Indian kitchens and Ayurvedic medicine for centuries. A flavorful cooking fat and a nutritional powerhouse, it is rich in fat-soluble vitamins like A, D, E, and K. Ghee supports various bodily functions, from vision to immune health. Its high smoke point makes it ideal for high-heat cooking, reducing the risk of harmful free radicals. The removal of milk solids during its preparation renders it nearly lactose-free, making it suitable for those with dairy sensitivities. Enjoy your homemade ghee as a cooking fat, in baking, or as a flavorful addition to dishes!

Ingredients:

- 1 pound (454 grams) of unsalted butter (preferably organic and grass-fed)

Equipment:

- Heavy-bottomed saucepan
- Fine mesh strainer or cheesecloth
- Clean, dry glass jar with a lid

Instructions:

1. Melt the Butter:
 - Place the unsalted butter in the saucepan over medium heat.
 - Allow it to melt completely, which should take about 5 minutes.
2. Simmer and Clarify:
 - Once melted, reduce the heat to low.
 - The butter will begin to foam and bubble as the water content evaporates.
 - Continue to cook gently; the milk solids will separate and settle at the bottom.
3. Monitor the Color and Aroma:
 - Keep an eye on the color of the milk solids at the bottom.
 - When they turn golden brown and the butter has a nutty aroma, the ghee is ready.
 - This process typically takes 15–20 minutes.
4. Strain the Ghee:
 - Remove the saucepan from heat and let it cool slightly for a few minutes.
 - Carefully strain the liquid through a fine mesh strainer or cheesecloth into the clean glass jar, leaving the browned milk solids behind.
5. Cool and Store:
 - Allow the ghee to cool to room temperature.
 - Seal the jar with the lid.
 - Store at room temperature for up to 3 months, or refrigerate for longer shelf life.

Tips:

- Use a heavy-bottomed saucepan to prevent burning.
- Avoid stirring once the butter has melted to allow the milk solids to settle.
- Ensure all utensils and storage containers are dry to prevent moisture from spoiling the ghee.

