



Ghee

Preparing Ghee is an experience of the senses. Pay attention to the sounds, smells and looks. Infuse it with prayers or positive messages.

INGREDIENTS

1 lb. organic, unsalted butter

DIRECTIONS

In a heavy medium saucepan, heat butter uncovered over medium heat until it melts.

Don't stir or tamper with the butter-let it melt and do its thing.

After a few minutes, the butter will change toward clarity by making loud gurgling and bubbling sounds. This will go on for a while.

After 10-20 minutes the butter will have clarified and the noises from the pan become still and quiet. That's how you know it's done.

There may be a foam layer on the top with clear golden liquid underneath. It will smell like buttered popcorn or caramel.

Remove the Ghee from the heat immediately, because it can quickly burn. Let it cool for 10 minutes.

After 10 minutes strain it through a fine mesh strainer or folded cheesecloth in a clean dry 16oz. glass jar.

Store at room temperature.

Notes: Cooking times vary depending on the heat of your stove and altitude. Protein solids sink and collect on the bottom of the pan.

