
GHEE

Ghee is a staple in Ayurvedic detoxification practices because it not only makes food taste delicious - but also helps remove fat-soluble toxins from cells while encouraging the body to burn fat cells for energy.

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INGREDIENTS

2 packs or approximately 400-500g of unsalted butter (use organic butter if possible).

This couldn't be simpler.
The only trick is this: DO
NOT WALK AWAY AND
BURN YOUR GHEE

DIRECTIONS

Melt the butter to a heavy-bottomed medium saucepan over medium heat.

Allow the ghee to go through a series of delightful processes, which takes about 20 minutes. You do not need to stir or skim; don't do anything - just don't walk away and let it burn or evaporate.

Make sure the heat is gentle but not too low, enough that it bubbles nicely but not fiercely. About a 4 or 5 on induction oven.

It starts with The Cracking phase, about 10 minutes - then comes The Hush phase- about 5 minutes until finally The Foaming phase which is the final phase. And then you're ready to pull from the heat.

When the ghee has foamed, and the milk solids will have sunk to the bottom. Your spoon should reveal a lovely dark brown liquid under the foam and your ghee is done.

ONLY WHEN IT IS COOLED, strain it into a glass jar. It can keep on the counter and should not be refrigerated. The burned milk solids at the bottom of your saucepan might look daunting, but a little soak and scrub and they come right off.