

In Ayurveda, ghee is considered a sattvic, or pure food, along with milk, honey and almonds. Ghee is also used extensively as an Ayurvedic medicinal.

Ghee can be found in Asian or natural food grocery stores but it is very easy to make and much less expensive if you make it at home.

Making ghee at home can seem intimidating at first but I have learned a simple recipe that takes about 20 minutes from start to finish. The secret to making ghee is to use your senses of hearing, sight and smell instead of using a timer. Trust in these 3 senses and your ghee will be a beautiful sight to behold with a delightful scent of popcorn and a richness of taste that surpasses that of butter.

Home-made Ghee

1 lb. organic, unsalted butter

13-16 oz jar, clean and dry, with screw-on lid

Stainless steel sauce pan

Cheese cloth

Put the butter in the sauce pan and turn the burner to medium. As the butter melts the milk solids will rise to the top. Continue to cook over medium heat. You will hear a loud, bubbling sound and see large, gurgling bubbles rise to the top as the milk solids begin to separate from the oil in the butter. Watch and listen carefully.

You will know that the ghee is done when the loud, bubbling sound has ceased, the bubbles are small and clear, the milk solids have collected on the bottom of the pan and turned lightly brown, and the smell of buttery popcorn fills your kitchen. At this point the ghee can quickly burn so be vigilant at this stage.

Remove from the burner and cool. When the ghee has cooled pour through a strainer lined with cheese cloth into a dry jar. This is very important because if there is any moisture in the jar it will cause the ghee to mold. Ghee does not need to be refrigerated and has a shelf life of about 2 years.

I use ghee in place of butter and oil in most of my cooking and as a spread

for bread, toast, on potatoes, and vegetables; any time I want the taste of butter.

Ghee is also an excellent digestive aid. You can drizzle a teaspoon of ghee over your food at dinner or add 2 teaspoons to warm milk and drink 2 hours after a light dinner.