

How to Make Ghee

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- Unsalted butter (250g)* preferably grass-fed or organic

Instructions:

1. Cut butter into small chunks. Place into a medium size stainless steel pot and melt butter on medium/ low temperature. Try not to let the butter boil, but keep it as hot as possible without bubbling up.
2. As the butter melts, the white stuff (whey) rises to the top. Using a spoon, scrape off the whey into a bowl. Continue to do this for 10 - 15 minutes.
3. Once most of the whey has been scraped off, after about 10 minutes or so, the butter starts to become clear. This is when you have clarified butter but you're not there yet! Just another step to get to ghee.
4. Keep the clarified butter hot, continue spooning off the whey and wait until some of the milk fat starts to brown on the bottom of the pot. This is key to a rich tasting, nutty, butterscotch-y ghee!
5. Once you've got the brown bits on the bottom of the pot, you've got ghee. Let it cook for a few minutes to soak up that flavour. The ghee is now nice and fragrant.
6. Using a wire mesh strainer or nut bag, strain the ghee through to remove any final bits of milk proteins. You can pour it straight into a mason jar. Let cool completely and then store in freezer indefinitely. ENJOY!

Notes:

*250g of butter, yields 1 cup of ghee. If you use more butter, you'll have more ghee! The whole process to make ghee takes 20-30 minutes. Please read all the instructions before you begin to make the process run smoother. I recommend using a stainless steel pot so you can clearly see the bottom of your pan and can easily determine when you've got ghee because you'll see the little brown bits at the bottom.