

Ghee – Clarified Butter

Ingredients

3 pounds unsalted organic butter

Directions

1. Place butter in a heavy-bottomed saucepan over high heat. Allow the butter to melt and boil for about 5-8 minutes until the foam separates on top so that you can see the yellow butter.
2. Then turn the heat to lowest possible temperature so that the butter slightly simmers. Stir from time to time to be sure solids are not sticking to the bottom.
3. Do not skim the foam. Over the hours it will render back more ghee into the liquid, and become a thin crust which can be skimmed easily without waste.
4. Make sure not to leave the ghee unattended for too long to prevent burning.
5. The ghee is done when the butter looks clear and the milk solids at the bottom of the pan have turned light golden brown and have a nutty aroma. Do not let the ghee burn on the bottom when the crust is forming and solids begin to turn golden. This stage is important, as it will burn easily and in fairly short time turning your ghee dark brown. If this should happen, the ghee can still be used but only for cooking; some people prefer it this way.
6. Remove from heat and pour the golden ghee through a cotton cloth into a stainless steel or glass container.
7. Use ghee as your preferred cooking oil for frying and/or add ghee to prepared dishes.