

MAKE YOUR GHEE

Otherwise known as clarified butter, ghee is considered by Ayurveda to be the most beneficial cooking medium. This has the highest heat tolerance and is most able to penetrate the body's tissues, yielding the necessary nourishment and unsaturated fat. Make your ghee with an intention for this medicine to carry the nourishment from all your whole foods into the bodies and souls of you and yours.

Ingredients: ½ lb unsalted *organic* butter

- Place 2 sticks butter in saucepan over medium heat.
- When all the butter has melted reduce the heat to low.
- After about 5 minutes the butter will begin to form a white froth on its surface and will create popping sounds as the moisture evaporates from the butter.
- Continue to monitor.
- After about 10 minutes the popping sounds will slow down and the foam will begin to sink to the bottom where it will begin to turn golden brown. Remove from heat as soon as it begins to brown. There should be no more popping sounds.
- Skim residual foam off with a spoon.
- Allow to cool 15 minutes, until just warm.
- Strain through a strainer or cheesecloth into a clean sterilized glass jar.
- Strain off any last skim of foam with spoon.
- Ghee does not need refrigeration- up to one month.
- Keep on counter with lid on.
- Always use clean utensil when using/eating ghee.