

## **NITER KIBEH**

*(from "The New Whole Foods Encyclopedia" by Rebecca Wood)*

This is an Ethiopian recipe. Cooking the flavors of onions, garlic and spices into the ghee makes the medicinal properties more bio-available. It is a great time-saver because your cooking oil is pre-seasoned!

This is a good cool weather combination of spices and flavors. In hot weather, you may want to eliminate the ginger, nutmeg & cinnamon.

1 pound cultured unsalted organic butter  
1 small onion, chopped  
2 cloves garlic, chopped  
1 tsp. minced fresh ginger  
1 teaspoon cumin seeds  
1 teaspoon coriander seeds  
½ teaspoon aseoetida (hing)  
½ teaspoon turmeric  
1 cinnamon stick piece, about an inch long  
1 bay leaf  
¼ teaspoon whole cardamom seeds  
1/8 teaspoon ground nutmeg or mace

Place all ingredients in a saucepan and slowly melt the butter over medium heat. When the butter comes to a boil, reduce the heat and simmer, uncovered, for about 30 minutes.

As with regular ghee, wait for the crackling noises to quiet down – then the ghee is ready!