

## **GHEE RECIPE**

*Adapted from “Ayurvedic Cooking for Westerners” by Amadea Morningstar*

Preparation time: 20 – 25 minutes

Tridoshic, Sattvic

In a heavy, stainless steel saucepan, place 1 lb. organic unsalted butter (**Organic Valley** brand makes the best ghee, but any good quality organic butter will do).

Turn the heat to medium to medium-low and cook uncovered for about 15 to 20 minutes. The butter will crackle and pop while it boils. When it quiets down, watch it carefully, as it is almost done and can burn quickly at this stage. When it begins to foam up, much more than in the early stages of cooking, and has a nutty aroma, it is ready. Remove from the heat.

Let the ghee cool slightly, then pour it through cheesecloth into a 1 pint glass jar and let it cool until solid before covering with the lid.

Note: If the milk solids on the bottom of the pan are slightly brown, your ghee is about perfect. If they are milky and white, the ghee is slightly undercooked – but still very useable!

Ghee should not be refrigerated, and it improves with age, so always keep a back up on hand! It is very important that you never let one drop of water get into the ghee or it will spoil. Always use a clean, dry spoon to remove ghee from the jar.

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*Ghee is a digestive aid. It helps to improve absorption and assimilation. It improves memory and it lubricates the connective tissue. Ghee makes the body flexible and is balancing for all doshas. Ghee is a “yogavahi” – a catalytic agent that carries the medicinal properties of herbs into the seven dhatus or tissues of the body. Very balancing for vata and pitta, ghee is also balancing for kapha if used in moderation.*