



## **How to Make Ghee**

**Ghee**, an East Indian style clarified butter, is a good substitute for regular butter or margarine. The milk solids are removed, thereby making it more easily digested.

Ghee is a bit different from the French clarified butter; it is cooked longer and the milk solids can be browned in the cooking, giving it a light, nutty flavor.

Cut one pound of unsalted butter into cubes and heat in a large, heavy-bottomed saucepan on low until melted.

It will be light and frothy as it begins to bubble and will crackle and pop as the moisture is evaporated.

Cook for about ten minutes, or until the noises subside.

Now, *watch this next part of the process carefully*. Keep cooking until the milk solids that have sunk to the bottom of the pan begin to brown. This can happen quickly, or may take about fifteen minutes.

The darker the browning, the deeper the color and the richer the taste. I prefer it an amber color.

When you are satisfied with the color, cool the ghee completely.

Before it solidifies, pour through cheesecloth or a fine strainer into jars.

Be sure to strain carefully, as the brown sediment spoils more quickly than the ghee. Keep about six weeks in the refrigerator.