

## GHEE

*Nurtures your body and soul from the inside out...*

Ghee is butter, which is cooked until clarified so that all the milk solids and water are removed.

- Ghee increases Agni without increasing Pitta.
- Ghee nourishes Ojas, the immune system, and brings luster to the body.
- Ghee contains beneficial essential fatty acids and can reduce blood cholesterol.
- Ghee does not contain the additives and solids that obstruct the channels of the body.

In a saucepan melt one pound or more of unsalted butter over medium to medium-low heat. Let it come slowly to a boil – don't try to rush it. At first, the melted butter appears yellow and opaque. As it bubbles, solids will start to clump together, sit on top of the melted butter, and cling to the side of the pan. After about 10-15 minutes, these solids will start to separate and condense so that you can see down into the liquid. Slowly the butter will become translucent and you will be able to see the bottom of the pan. When the solids on the bottom of the pan start to brown and the liquid is completely clear and golden, the ghee is done. Remove from heat and let cool. Strain through a fine mesh strainer or cheesecloth into a clean, dry glass jar.

Be sure to watch ghee closely during the last 5 minutes. It can burn very quickly. If it burns a little bit the ghee is still fine. It will have a darker color and nuttier flavor.

Ghee remains semi-solid at room temperature and does not require refrigeration. Keep the ghee jar closed and always use a clean, dry spoon. Water or food particles in the ghee can cause it to spoil.



**Insights of New Orleans, LLC**

*(504) 832-4096*

*[www.InsightsofNO.com](http://www.InsightsofNO.com)*