



How to Make Perfect Ghee Every Time

Ghee can be quite easy to make. However, many of the recipes have made it difficult and many folks give up on this healing food easily. Ignore recipes that involve the stovetop because these require your full attention to avoid burning the milk solids in the butter and therefore ruining the entire batch. Instead opt for the method described below – you will be successful every time.

Put a pound of grassfed pastured organic butter in a glass baking pan (a loaf pan is perfect).

Heat it at 250 degrees F for 40-60 minutes.

Three layers will have formed.

With a shallow cooking spoon, ladle and throw out the foamy top layer. Rinse the spoon. Ladle the middle layer (golden liquid) into a jar. Pour the bottom layer (thin white fluid) off and discard.

An easy alternative to pouring off the bottom layer is to refrigerate with the white fluid (which is now separated from the oil and remains at the bottom). When the oil hardens the white fluid will remain at the bottom of the jar. It is easy to pour off if you desire or just let it remain at the bottom of the hardened oil.

Keep refrigerated.