

Making Ghee

Use Organic Unsalted Butter

Heavy bottomed pan needed

Clear, dry jars

(2 packets will fill a 1lb jar, with a little left over)

Place butter, cut into chunks, into a heavy bottomed saucepan.

Melt and bring to the boil, then turn down to a simmer. Stir occasionally so the solids, when they start to form, don't burn on the bottom.

The bubbles will change, the solids will form and it will eventually become very clear with hardly any bubbles. This takes nearly 30mins.

Strain through a piece of muslin or cotton tea towel, and pour into clean, dry jars. Set aside and when cool (it solidifies to a beautiful golden colour) seal with a lid.

As long you do not put wet or dirty cutlery in the ghee jar, there is no need to keep it in the fridge. And it will keep for months...the flavour seemingly changes...mine has not lasted long enough to notice that!

Ghee can be used to fry, to spread, to add flavour to soups and curries. Enjoy it.

Suitable for vegetarians but not vegans.

For more info on ghee, don't take my word for it!:

http://www.huffingtonpost.ca/2014/09/25/ghee-benefits_n_5883174.html

<https://www.organicfacts.net/health-benefits/other/ghee-clarified-butter.html>