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HEALTH CENTRE BAD EMS

Since 1992

# Making Ghee



Making your own Ghee is easy, but you need to give it some time and attention. The butter has to be boiled long and gently to release its subtle nutty aroma. The suggestion is to do this on the side, while you're preparing a meal or doing chores, but close enough that you can monitor the process.

Producing Ghee from butter means: removing the water and all proteins from the butter. Therefore, also

people with an intolerance for lactose or milk protein can digest Ghee without problems. Other advantages: Ghee is easier to digest than other fats and, if prepared and used correctly, it strengthens the digestive organs, makes dishes more digestible, and intensifies their taste. It preserves the food's vitamins and vital substances and it's an ideal transport medium for carrying fat-soluble vitamins, minerals, and trace elements into all the body's cells.

## The process step by step:

- Put 750 g organic butter (usually that's 3 packages) in a thick-bottomed saucepan with a diameter of about 16 cm.
- Bring to a boil on medium level. E.g. on an electric stove with 9 positions, you would switch to 5.
- As soon as foam starts to form on the surface, reduce the setting and let it simmer.

The slight noises you hear during the process are produced by the water escaping from the hot butter. This is essential to produce pure Ghee which can be kept for a long time.

- When the noises stop, and when the foam has settled on the bottom and on the surface and begins to turn golden brown, the Ghee is ready.
- Take it off the stove – it should be amber in color and have an aromatic, nutty smell.
- Pour the Ghee through a metal strainer lined with a cotton cheesecloth into heat-resistant jars.



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- Leave the jars uncovered to let the Ghee cool down and solidify.
- After cooling, when the Ghee has turned golden yellow, you can close the jars.
- Store the Ghee in a cool place, but not in the refrigerator.

Prepared in this gentle way, Ghee can be kept for several weeks. The amount indicated in this recipe is enough for up to two weeks for two persons, if you prepare fresh meals every day.

