



GHEE

Take 4 sticks sweet (unsalted) organic butter. Put into pot on low. Once the butter melts, the water contained in the butter will start to boil and make a distinctive sound. Continue boiling on low heat for approximately 20 minutes. The milk solids will drop to the bottom of the pan, the oil will start to crackle with a high-pitched sound, and the oil will be golden brown. Do not over-cook or else the butter will burn and the oil will turn dark brown and have a burnt odor. Strain the oil through a cheesecloth into a clean jar. (Be careful not to burn yourself, as the oil is quite hot at this point.)

Ghee does not have to be refrigerated. It will keep fresh on the countertop for up to a month.