

How to Make Ghee

Ghee is an ideal cooking oil, as it does not burn unless heated excessively. It is used instead of butter and keeps without refrigeration. People who are allergic to dairy products are unable to enjoy butter, but some can tolerate ghee.

Commercial ghee is available at health food stores and Indian groceries, but it's easy and more economical to make your own.

The preparation time is about 40–50 minutes. You will need a flame diffuser* and a timer.

Ingredients

1 pound unsalted butter

Instructions

In a heavy sauce pan (preferably stainless steel), place 1 pound unsalted butter (regular or raw). Melt the butter and cook over medium to low heat (best to use a flame diffuser if possible) so that the butter just boils gently. Do not cover the pot.

A foam of milk solids will rise to the surface; do not skim off or stir.

After about 30–40 minutes, the foam will settle to the bottom of the pot, where it will create a thick layer.

At this point, watch the ghee carefully to avoid burning.

When the bottom layer turns a light tan color and the liquid becomes clear and golden, the ghee has formed.

Remove from heat and let cool. Pour the contents of the pot through a fine sieve into a glass container for storage.

Note: After ghee is done and has cooled, keep it covered and avoid using a wet spoon, or allowing any water to mix with it, as that will create the conditions for bacteria to grow and spoil the ghee. Burnt ghee has a nutty smell and a brownish color; it can still be used if not burned excessively.



- * A flame diffuser is a ring or round device that is placed on the stove's heating element or burner to separate the cooking pan from the heat source (similar to a wok ring).

