

# Ghee, clarified Butter, „liquid Gold“, ayurvedic butter

## Ingredients (for ca. 400 g)

500 g Butter (unsalted is best)  
Coffee filter or kitchen roll  
Sieve  
Cheese cloth or nut milk bag  
Clean Jam jar

## Preparation

1. First bring the melted butter to a boil and gently let it simmer at a very low heat for ca. 15-20 minutes. You shouldn't let it boil otherwise you will have brown butter!
2. Next separate the milk solids from the butter. You can either use a coffee filter (as I do in the video) or kitchen roll. **Careful:** Coffee filters tend to split if you stir too much!

Coffee filter version: Fold the coffee filter down around the container and secure the top with a rubber band so that you have a funnel. Now pour the melted butter through the filter. The milk solids should stay in the filter.

Kitchen roll version: Put a double layer of kitchen roll into a sieve and place over a large container (a glass jug is perfect for this). Now pour the melted butter into the sieve. The milk solids should stay in the kitchen roll.

3. For the next step line your sieve with a cheese cloth. Pour the melted butter through the sieve for a second time. This enables you to filter out as much of the milk solids as possible and to produce a pure ghee.
4. Pour the ghee into a clean jam jar, leaving the lid off until it has completely cooled down.

## **Why should you use ghee? Ghee is good for....**

- Hair, skin, brain, intestines and liver
- Helps to loose weight

- Is a basic ingredient in the ayurvedic kitchen
- Keeps for at least 10 months (you don't need to keep it in the fridge)
- Can be heated up to a maximum of 250°C depending on the quality of the ghee

# KÜCHENSCHMIDE

