What is Ghee?
Ghee is better known as clarified butter; that is, butter that has had the water and milk solids cooked out of it. Ghee is dairy without the dairy. The use of ghee dates back thousands of years to the Indian subcontinent. Along with other healthy oils, ghee is a staple in Ayurvedic cooking and medicine.

What are the Benefits of Ghee?
The benefits of ghee are many. Ghee:
• is anti-inflammatory;
• lubricates all of the tissues of the body;
• promotes flexibility;
• aids memory and intelligence;
• facilitates digestion;
• bolsters the immune system.

Ghee can even be used as a skin moisturizer that is especially helpful for sensitive skin! No wonder it's called "liquid gold."

Ingredients
1 lb unsalted, organic, cultured butter (preferably from pasture-raised cows)

Directions
Place the butter in a 2 or 3 qt pot on the stove. Turn the burner heat on its lowest setting. If your stove cooks "hot," use a flame reducer. Allow the butter to melt. Avoid stirring or otherwise disturbing the ghee-making process, even though it's tempting to "help".

After the butter has melted, it will begin to froth or foam up. This foam may settle to the bottom of the pot or it may stay on top. Either is fine. After a time has passed, the melted butter will begin to spit. Take the pot off of the stove and gently tilt it to one side. If you see a golden brown color to the curds at the bottom of the pot, the ghee is done. If there is no color to the curds, return the pot to the burner and continue cooking for a few more minutes.

Pour the ghee through a strainer into a clean (ideally sterilized) 14-16 oz jar and cover it. If kept absolutely free of any moisture, ghee should keep indefinitely and is shelf-stable.