

homemade ghee

Makes approximately 14oz

RECIPE ADAPTED FROM: [101 Cookbooks](#)

COOK TIME: 20-30 minutes

1 lb (16 ounces) unsalted butter,
preferably grass-fed and/or organic

Note: Do not use salted butter as the salt is concentrated during cooking and will result in a very salty finished product.



Heat, Melt and Simmer

CUT butter into cubes and place in a medium-sized saucepan.

GENTLY melt butter over medium heat. This should only take a few minutes.

AFTER melting, the butter will separate into three layers:

- Foam will appear on the top layer
- Milk solids will migrate to the bottom of the pan
- Clarified butter will float between the two.

LET butter come to a simmer, then reduce heat to medium-low.

SIMMER until the middle layer becomes fragrant, more golden than when you started, and clear. Push the solids on top out of the way to have a peek. This will take about 15-20 minutes.

ALLOW the solids to lightly brown or let it cook a little longer to brown further (just don't let it burn).

Strain, Cool and Store

TURN off the heat and let cool for 5-10 minutes.

CAREFULLY pour ghee through cheesecloth into a clean glass jar, leaving the milk solids behind.

ALLOW to fully cool before storing.

STORE in a jar with a tight-fitting lid at room temperature for up to 3 months in a cool, dark place or in the fridge for up to 1 year.