

HOW TO MAKE GHEE

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Organic Butter

Organic Butter that is sourced from cows raised on “natural pasturage” preferable from Jersey or Guernsey cows, is a stable fat made from cream with a wide range of short, medium, and odd chain fatty acids that have anti-tumor effects as well as typical saturated (40-60%), monounsaturated and some polyunsaturated fatty acids. It is solid at room temperature. Butter contains fat-soluble vitamins, including vitamins A, D and E. Vitamin A and E have strong anti-oxidant properties that protect the health of the thyroid and adrenals glands that maintain the proper function of the heart and cardiovascular system. Butter has short and medium- chain fatty acids (15%) and conjugated linoleic Acid (CLA) which stimulate the immune system and has strong anti-cancer properties. It is rich in selenium, a vital antioxidant. Butterfat contains glycosphingolipids, which is the fatty acid that protects against gastro- intestinal infection; especially in the young and the elderly. This makes butter an excellent source for treating candida overgrowth. Another important natural component in butter is Lecithin, which helps assimilate and metabolize cholesterol and other fat constituents. Only butter contains about 20% of myristic acid a fourteen-carbon, in the Western diet. The body uses myristic acid through myristylation a process needed for cell membrane and within the mitochondria of the cells. All these properties are only in the fat part of the milk. Butter and cream contain little lactose or casein and are usually well-tolerated even by those who are sensitive to dairy.

Ghee

Ghee is especially well-tolerated by most, because the milk solids are removed. In traditional Indian medicine, ghee is considered the most satvic, or health-promoting fat available. Although you can purchase organic or hormone-free ghee, making it yourself is fun and easy. It takes only about 15 minutes from start to finish making it. As the ghee forms, the milk solids stick to the bottom of the pot, leaving only the pure stable fat, suitable for high heat sautéing. Check frequently after the gurgling stops. It's a sign that the water has evaporated out and that the milk solids are beginning to brown. Because it is so rich in antioxidants and lacking in milk solids, ghee does not have to be refrigerated, which makes it great for travel and for use in herbal medicines.

A few spices sautéed in ghee and added right before your dish is finished lends the most delicious flavoring.

Butter is 80% fat and 20% water and milk solids.

MAKING GHEE

Makes 1 1/2 cups

1-pound unsalted butter, preferably organic

In a small saucepan, gradually melt the butter over medium low heat until it is melted completely, about 5 minutes. The butter will start to gurgle as the water evaporates. The top will cover with foam. Simmer uncovered on low heat for about 10 to 15 minutes, until the milk solids start to brown on the bottom of the pot. Check after 10 minutes and frequently after that by pushing aside the foam and tilting the pan to see if the solids have browned. As soon as the solids turn brown turn off the heat and let the residue settle to the bottom. Pour the liquid through a double layer of cheesecloth into a heat-resistant container to catch any residue; discard the solids.

Reference:

Fallon-Morell, S. (2017). *Nourishing Fats: Why We Need Animal Fats for Health and Happiness*. New York, NY: Hachette Book Group