



# Gammy's House Recipes

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## Homemade Ghee (Clarified Butter)

### What It Is:

Butter is made up of fat, milk solids and water. If butter is heated for any length of time these components split up and form layers. The white cloudy substance is the milk solids and water. The golden liquid is clarified butter or in the gourmet world it is known as Ghee (sounds like me).

Clarified butter can be heated to 190°C/375°F before reaching its smoking point, since it does not contain the milk solids (the part that burns).

Unsalted butter makes the best ghee.

### How To:

1/2 - 2 kg (1 - 5 pounds) unsalted butter

**Cut-** the butter into large chunks and melt it over moderate heat in a large heavy-based saucepan, stirring to ensure that it melts slowly and does not brown. Still stirring, bring the melted butter to a boil. When the butter becomes frothy, reduce the heat to very low.

**Simmer-** uncovered and undisturbed for the required time until the solids have settled on the bottom, a thin crust appears on the top, and the ghee is clear and golden.

**Skim-** off the surface crust with a fine-mesh wire sieve and set it aside in a bowl.

**Turn off-** the heat source and remove the ghee with a ladle without disturbing the solids on the bottom. Pour the ghee through a sieve lined with paper towels. When you have removed all the ghee that you can without disturbing the **solids**, allow the ghee to cool and store in a suitable covered storage container.

**The remaining ghee** and solids can be used for vegetables or soups. It will keep 3 - 4 days refrigerated.

### Storage:

Ghee will not turn rancid and will keep for months unrefrigerated; it will keep for over 6 months in the refrigerator and for over a year when frozen.

