

## What is GHEE?

Ghee is a form of butter, sometimes called clarified butter, that has been boiled and rid of the water and milk solids including casein, leaving the rich, golden butterfat – a source of healthy fats.

Ghee is ideal for cooking because the fatty acids are stable at high temperatures. Its smoke point is between 450°F and 475°F.



**Be transformed  
by the savory  
taste of GHEE.**

## Why cooking with GHEE?

- Has stable saturated bonds so there is no chance for free radicals during cooking
- Is metabolized very readily by the body because of its short chain fatty acids
- Stimulates the secretion of stomach acids to help with digestion
- Is rich with antioxidants
- Acts as an aid in the absorption of vitamins and minerals from other foods
- Contains Omega 3 and Omega 9 essential fatty acids along with vitamins A, D, E, and K



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**Cooking with an  
Ayurvedic  
Touch – the  
Ancient Wisdom  
of Life**

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## Cooking for the body, mind and spirit



### What Is Ayurveda?

Ayurveda is the world's oldest known medical science, originating in India over 5,000 years ago. *Ayur* means life, and *veda* means knowledge, so literally, it means the science of life.

Ayurveda focuses on wholeness, wellness and balance on all three levels: body, mind, and spirit. It teaches us to eat food that is organic, wholesome, and locally and seasonally grown to ensure optimum health and wellbeing.

### How to make GHEE

1. Let the butter melt gently in a stainless-steel saucepan on a medium/low flame.
2. Once melted, continue to boil the butter gently on low temperature and observe white and bubbly foam rising to the surface.
3. Allow the ghee to cook gently until the foam thickens and settles to the bottom of the pan as sediment. When the ghee turns a golden color and begins to boil gently, it is done.
4. Remove from heat and let it cool for 5 – 10 minutes. Pour the liquid through a strainer or unbleached cheesecloth into a clean glass jar, making sure that the sediment remains on the bottom of the pan.
5. Close the jar and keep it safe in a room temperature for about 2 weeks.



### Cooking classes!

- Learn how to make ghee, chapati, bean dishes, veggie dishes, lassi, chutney and much more
- Learn basics on food combinations
- Create your own lunch/dinner recipe
- Have fun with smoothie tasting!



*Ghee Cuisine*  
Ayurvedic Style

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