

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.

The quality of the ghee depends on the quality of the butter. Preferably, the butter should be organic and made from grass-fed cows' milk.

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

Ghee blends well with food nutrients and nourishes the seven vital body tissues and strengthens the immune system.

It requires no refrigeration, as the elements that cause butter to spoil have been removed.

Ghee is preferably stored in an airtight container, away from sunlight or heat.

Why cook with ghee?

- Has stable saturated bonds so there is no chance for free radicals while cooking
- Is metabolized very readily by the body because of its short chain fatty acids
- Stimulated 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
- Strengthens the immune system
- Has high flash points up to 485 degrees of F
- Contains omega 3 and omega 9 essential fatty acids along with vitamins A,D,E,K

How to make ghee?

BUY ORGANIC BUTTER: Use raw unsalted organic sweet butter

MELT THE BUTTER: Let the butter melt gently in a stainless steel saucepan on a medium/low flame

BOIL THE BUTTER: Once melted, continue to boil the butter gently on low temperature and you will see white, bubbly foam rising to the surface. Do not remove the foam.

SIMMER MORE: Continue simmering until the foam thickens and settles to the bottom of the pan as sediment. When the ghee turns a golden color with tiny air bubbles, it is done.

STRAIN THE GHEE: Remove from heat and let it cool a little bit. Pour the liquid through a strainer or unbleached cheesecloth into a clean glass jar.

KEET THE GHEE IN A SAFE PLACE: Close the jar with an airtight lid and keep it safe in a room temperature away from heat and sunlight for about two weeks.

How to Prepare an Ayurvedic Curry Meal:

1. Heat ghee or coconut oil (summer) on a moderate heat.
2. Add spices such as mustard seeds, coriander, seeds and cumin seeds. Wait until mustard seeds pop up.
3. Immediately stir in chopped scallions/shallots with fresh ginger and turmeric.
4. After a couple of minutes, stir in ingredients (e.g., veggies, washed red lentils, white basmati rice that has been rinsed).
5. Add more spices with sea salt/Himalayan pink salt and freshly grind black pepper (e.g., red curry powder mild, turmeric powder, cumin powder, coriander powder).
6. Add liquids if recommended (e.g., pure water, plain yogurt).
7. Cover and cook until it is almost done.
8. Add fresh herbs at the end (cilantro, basil, rosemary, sage)
9. Cover and let it sit on the stove for 5 – 10 more minutes

Combinations to be avoided:

- Beans with fruit, cheese, eggs, milk and yogurt
- Eggs with fruit, beans, cheese, kichadi, milk and yogurt
- Fruit with any other food
- Grains with fruit and tapioca
- Hot drinks with mangos, cheese, starch and yogurt
- Lemon with cucumbers, milk tomatoes and yogurt
- Milk with bananas, cherries, melons, sour fruits, bread containing yeast, kichadi and yogurt
- Nightshades (potatoes, tomatoes, eggplants) with melon, cucumber and dairy products
- Yogurt with fruit, cheese, eggs, hot drinks, milk and nightshades

Cooking with mindfulness and with the knowledge of the ancient science of Ayurveda leads to a profound change and transformation of one's health and well-being on all levels: physical, emotional, mental and spiritual. It aids in better digestion and food assimilation, satiation, sound sleep, calm/happy emotions and peaceful mind.

Such cooking represents an endless expression of one's creativity that comes from within – from the connection to the Soul and Spirit. Ayurvedic cooking brings happiness and joy, and clarity to the mind that has been purified.

Ayurveda teaches to eat Sattvic food – food that is fresh, organic, cooked properly with the right amount of spices and with proper food combining.