

Healing Foods

GHEE



Ghee is clarified butter – meaning all the milk solids are taken out, leaving just the oil. Because it is now in an oil state it can be stored in a cupboard like oil. It has a high smoke point, making it the perfect cooking oil...and it tastes sooo good!

Health benefits:

- Gentle, soothing and calming.
- Helps control blood clotting due to linolenic acid it contains.
- Builds cell membranes in the brain.
- Reduces inflammation.
- Soothes and heals the gut lining.
- Improves digestion.
- Energizing
- Contains lauric acid which is a potent microbial and antifungal fatty acid
- Contains fat-soluble nutrients which can strengthen bones and boost vitamin absorbability.

Start by melting a pound of butter in a pan over medium heat. I make my own butter from the cream I skim off my raw milk. This can be done by placing the cream in a blender and turn it on low until the butter and milk separate. Strain the butter, keeping the buttermilk for cooking. Place the butter in a colander and rinse until the water runs clear. The butter will melt then get foamy, then start to sputter and turn golden. Once the sputtering has stopped a crust of solid material will form on the top. I let it cool for just a bit and then place a small strainer over my jar then pour and strain. As the ghee cools it will turn more solid at which point you can put on the lid and just keep it in the cupboard or fridge.