

Zack's Homemade Ghee

Time to prepare depends on the batch size.

Be sure to check out our step by step video at https://youtu.be/6-ptcgL_D6M

You will need:

- Butter (unsalted is best)
- A method to filter (a coffee filter in a strainer works well)
- Airtight storage, preferably glass

Preparation

1. Butter should be ideally at room temperature when starting.
2. Cut the butter into approx 1 inch squares.
3. Put cubed butter into a heavy bottom pan with high sides or a pot and melt butter over med-high heat, stirring occasionally. (Don't burn it, use a lower heat if your stove cooks hotter).
4. When butter starts to bubble, turn heat down to med-low and don't stir anymore. It will bubble and foam while the water evaporates from butter. If you use salted butter, it will be prone to excess splattering.
5. After a while (depending on the batch size and heat) the foam will start to clear

Macros:

1 Tbsp: Calories:112

Protein:0g

Fat:13g

Net Carbs:0g



as most of the water evaporates and the milk solids settle to the bottom.

6. At this point you need to watch it closely so you know as soon as the second foam starts. When it does, this is a sign that it is just seconds away from being done. Leave it just long enough for the solids to START to brown, (part the foam to see). Do Not Burn the solids, it is better to remove it sooner than later to avoid ruining the batch.
7. Remove from heat and strain out any solids with cheesecloth or a coffee filter in a strainer, letting the pure ghee filter into a bowl or glass measuring cup. This can take some time for it to filter through.
8. Pour the filtered ghee into an airtight container, preferably a glass one. Do Not put the lid on tight until it solidifies at room temperature, which can take several hours.

Ghee has a very long shelf life if stored in a dark place away from heat or in the fridge. It also has a high smoke point so it is great for frying.