

HOMEMADE GHEE



The perfect recipe for Homemade Ghee by my very dear friend
Tasneem

400 gm of Unsalted Butter

- 1 Set your butter to melt over medium heat in an aluminum pan, stirring it gently from time to time.
- 2 The butter will be bright yellow and opaque at this stage of the process.
- 3 Pretty soon, you'll see a thick, white foam start to form at the surface. Keep taking that foam out from the top and discard it. This will keep going for a few minutes. Let it simmer on low heat..
- 4 Soon, the milk solids will start to curdle and attach the sides of the pan. The heat should be very low as you don't want it to burn. You can keep fishing these milk solids out from the top and the sides of the pan.
- 5 Some of the milk solids will start settling at the bottom of the pan and you will notice that the butter is beginning to clear up.
- 6 Then you will see a second round of bubbles and foam coming up on top. That is when it is ready to be strained.
- 7 Let the ghee cool down a bit in before you strain it. It will become clear at this stage and the milk solids will be settled at the bottom of the pan.
- 8 Use a very fine sieve to strain the golden liquid ghee. The milk solids get left behind in the sieve and you can discard those.
- 9 Transfer your ghee to a jar and then once it is at room temperature, put in the in fridge overnight.
- 10 Once the ghee is homogenized, you can take it out of the fridge and store at room temperature.
- 11 And there you have it. Your beautiful home made ghee is now ready to use. And it smells DIVINE!

For step by step instructions with pictures visit www.DiaryofaPMPmom.com