

Ghee: Instructions and Recipes for the Home Pharmacy

How to Make Ghee

1 pound of butter makes 1 pint of ghee

Heat 1 pound of unsalted butter in a heavy-bottomed pan or double boiler until it melts. Cook the butter over very, very low heat (usually the lowest setting of your smallest burner) without a lid. The butter will begin to bubble and froth as it cooks; a thick curdy white substance will form on top and slowly begin to fall to the bottom of the pan. The butter will begin to turn a golden color and smell like popcorn!

The butter will eventually begin to sputter less and less, indicating that the water is mostly gone. At this point begin to watch the pan closely, making sure the white sediment that has fallen to the bottom of the pan throughout the cooking process does not burn. At this point the butter should be a rich golden color. If it is brown, it has burned. Once the ghee is done, allow it to cool for half an hour or so before straining out the milk solids through fine cotton muslin linen.

Once it is strained, the remaining ghee or clarified butter is a pure fat. Ghee can be cooked with at high temperatures and is highly nourishing and building for the body. It helps nourish the nervous system and all of the body's tissues and carries fat-soluble vitamins and minerals to the cells.

Store ghee in a glass jar with a tight-fitting lid at room temperature. Always use a clean utensil to scoop ghee out of the jar. Ghee will mold or spoil only if outside water or bacteria is introduced, so be careful of contamination!

Herbal Ghee Recipes

Shatavari/Goji Berry Ghee

This herbal ghee is great for supporting and nourishing all female body reproductive imbalances, including irregular menses, amenorrhea, dysmenorrhea, PMS, and menopausal imbalances. It is an excellent postpartum tonic, helping to bring in the milk supply, support healthy hormonal balance, restore energy and vitality, and prevent postpartum depression. I love to give this ghee as a gift to new parents. Consider doubling the recipe, because it is so delicious it won't last long!

¼ cup dried goji berries
1 cup ghee
3 tablespoons shatavari root powder
1 teaspoon ground cardamom

Grind the goji berries in a spice grinder or a clean coffee grinder.

Heat the ghee in a pan over medium heat. Whisk in the shatavari and cardamom, breaking up any clumps along the side of the pan. Add the goji berries and heat for 3 to 5 minutes. Pour into a clean, dry glass jar. Stir every 5 to 10 minutes as the ghee cools to combine the ingredients, and at the end give the ghee a good, thorough stir to make sure all is combined.

The ghee can be stored at room temperature, but make sure to always use a clean spoon to scoop it out. Take by the spoonful (1 teaspoon to 2 tablespoons per day), or use it in your cooking .

Ashwagandha/Licorice Ghee

This Ashwagandha/Licorice Ghee is a great way to include ashwagandha in the diet as a tonic. Ashwagandha is a calming adaptogen, helping to balance stress, anxiety and exhaustion. It is excellent for building the tissues of the body and strengthening the immune and endocrine systems.

1 cup ghee
3 tablespoons ashwagandha root powder*
1 teaspoon licorice root powder*
1 teaspoon cinnamon powder

Heat the ghee in a pan over medium heat. Whisk in the powdered herbs, breaking up any clumps along the side of the pan. Heat for about 5 minutes. Pour into a clean, dry glass jar. Stir every 5 to 10 minutes as the ghee cools to combine the ingredients, and at the end give the ghee a good, thorough stir to make sure all is combined.

The ghee can be stored at room temperature, but make sure to always use a clean spoon to scoop it out. Take by the spoonful (1 teaspoon to 2 tablespoons per day), or use it in your cooking.

*Do not use licorice root in cases of high blood pressure.

*Consult a qualified herbalist before using ashwagandha in conjunction with thyroid medications or for folks who have thyroid conditions of any kind. Consult a qualified herbalist before using ashwagnadha while pregnant or nursing.

Deep Immunity Ghee

This herbal ghee is a wonderful tonic for the fall through spring season to strengthen the immune system for the winter cold/flu season. Warming spices support the digestive fire while astragalus root, ashwagandha root and eluthero root nourish and fortify the system.

1 cup ghee
1 tablespoon astragalus root powder
1 tablespoon eluthero root powder*
1 tablespoon ashwagandha root powder*
1 teaspoon ginger root powder
1 teaspoon cinnamon root powder

Heat the ghee in a pan over medium heat. Whisk in the powdered herbs, breaking up any clumps along the side of the pan. Heat for about 5 minutes. Pour into a clean, dry glass jar. Stir every 5 to 10 minutes as the ghee cools to combine the ingredients, and at the end give the ghee a good, thorough stir to make sure all is combined.

The ghee can be stored at room temperature, but make sure to always use a clean spoon to scoop it out. Take by the spoonful (1 teaspoon to 2 tablespoons per day), or use it in your cooking.

*Consult a qualified herbalist before using ashwagandha in conjunction with thyroid medications or for folks who have thyroid conditions of any kind. Consult a qualified herbalist before using ashwagnadha while pregnant or nursing.

*Eluthero root has mildly stimulating qualities, to avoid difficulty sleeping or relaxing, use before noon.