

## **Time Codes: Video Lesson 6 - Medicinal and Herbal Ghee**

0:00

Introduction Health Benefits of Ghee

5:22

Part II: How to Make Ghee

9:08

Bubbling Phase - Time to Turn it Way Down!

10:44

Why Using Unsalted Butter

11:18 - 14:55

How Does the Ghee Look and What is Happening During Different Stages of the Cooking Process

14:58

Straining About Cotton Muslin Fabric

18:00

What to do with Finished Ghee - Ideas for Eating and Using

19:02

Proper Storage of Finished Ghee

21:00

Shelf Life of Ghee

21:30

What Happens if You don't Cook it Long Enough...?

22:47

Part III: Making Herbal Infused Ghee with Powdered Herbs

24:45

Ratio of Powdered Herbs to Ghee 1 tablespoon powdered herb for every 1/2 cup of ghee

25:07

Ashwagandha, *Withania somnifera*

25:28

Licorice, *Glycyrrhiza glabra*

25:34

Cinnamon, Cinnamomum

28:51

Combining Herbs and Ghee as it Cools

30:20

Labeling

30:30

Using Herbal Ghee - Advantages of Taste and Ease of Use