

### GHEE

*(Courtesy Sally-Ann Creed)*

You need:

500g butter

salt

cheesecloth

Method:

Place butter into a large, heavy-bottomed pan over low heat

Cook butter on very low heat. Butter will bubble and foam as water is being vapourized. Do not remove foam.

After butter foams up it will dissipate and then foam again. The colour of the butter-ghee will start to become golden, and crusty milk solids will coagulate in the bottom of the pan.

The bubbles will start to disappear and when the butter is golden in colour, remove pan from heat

Observe pan well, the contents can burn in a moment

Line a mesh strainer with cheesecloth and pour butter through and into a glass jar, allowing the milk proteins to be separated out

Allow to cool before colouring

Ghee can be stored at room temperature or in the fridge