



Butter ghee

5'
Hands on

10'
Hands off

5'
Cook Time

375 g
Portion(s)

1
Difficulty



Ingredients

- 500 g cow butter

Διατροφικός πίνακας

Nutrition information per 100 gr.

745 Calories (kcal)	82.0 Total Fat (g)	52.0 Saturated Fat (g)	0.6 Total Carbs (g)
37%	117 %	260 %	0%
0.6 Sugars (g)	0.6 Protein (g)	0.0 Fibre (g)	0.02 Sodium (g)
1%	1%	0%	0%

Method

- Cut the butter into pieces and melt it in a large [pot](#) over medium-low heat without stirring.
- As soon as the butter melts, you will notice that the milk solids (the white part) of the butter stay at the bottom of the pot, while the butterfat (the transparent part) is at the surface.
- Increase the heat a little, and after 1-2 minutes, the milk solids will start becoming brown instead of white. At this point, remove the pot from the heat and let the butter rest for 10 minutes.
- With a ladle, take the transparent liquid from the pot and transfer it into a [bowl](#). This is butter ghee.
- Discard the “burnt” milk solids.
- From the 500 g butter you melt, you will get about 375 g ghee in total.

Tip

Store it into jars for as long as you want. Since you have clarified the butter well and kept only the fat, the mixture does not go bad. You can consume it either raw or cooked.