

## Ghee

### Ingredient:

1 pound unsalted butter (organic)

### Directions:

Put the butter in a heavy, medium-sized pan. Turn the heat on to medium until the butter melts.

Turn down the heat until the butter just boils and continue to cook at this heat. Do not cover the pot. The butter will foam and sputter while it cooks. Whitish curds will begin to form on the bottom of the pot. The butter will begin to smell like popcorn after a while and turn a lovely golden color. Keep a close watch on the ghee, as it can easily burn. After a while it will become a clear, golden color. You will have to take a clean, dry spoon to move away some of the foam on top in order to see if the ghee is clear all the way through to the bottom. When it is clear and has stopped sputtering and making noise, then it needs to be taken off the heat. Let it cool until just warm. Pour it through a fine sieve or layers of cheesecloth into a clean, dry glass container with a tight lid. Discard the curds at the bottom of the saucepan. The ghee is burned if it has a nutty smell and is slightly brown.

1 pound of butter takes about 15 minutes of cooking time. The more butter you are using, the more time it will take.

Ghee can be kept on the kitchen shelf, covered. It does not need refrigeration. The medicinal properties are said to improve with age. Don't ladle out the ghee with a wet spoon or allow any water to get into the container, as this will create conditions for bacteria to grow and spoil the ghee.

Two pounds of butter will fill a quart jar with ghee.

## Kitchari

### Ingredients:

(Yields 4-6 servings)

1 cup Organic Basmati Rice (try to stay strict on this one -- it's among the easier grains to digest.)

2 cups mung dal (split yellow beans) (I used organic red lentils.)

6 cups (approx.) filtered tap water

2 tbs. organic ghee

3 tsp. mustard seeds (I used mustard powder as I didn't have seeds.)

2 tsp. cumin seeds (I used powder as I didn't have seeds.)

2 tsp. tumeric powder

2 tps. fennel powder (I used cardamom powder.)

Optional sea salt (or Himalayan pink salt) to taste -- this really takes the meal from bland to yum!

Optional seasonal, organic veggies such as butternut squash, sweet potato, cauliflower, etc.

### Directions:

1. Heat large soup pot and melt in ghee.
2. Saute the seeds (or powder) in the ghee until they pop. Then add the other spices. Saute for 1 or 2 minutes.
3. Add water, bring to boil, then simmer for 30 minutes or until the beans are about 2/3 cooked.
4. Now prepare any veggies to suit your tastes. Cut them into smallish pieces.
5. Add rice and veggies to the pot. Stir to mix, adding extra water if required. Bring back to boil, then simmer for 20 minutes or until rice is fully cooked. Aim to have minimal water remaining, leaving the lid on the pot to allow any excess to slowly be absorbed.

Source: Ayurvedic Institute