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# HOW TO USE GHEE

## **Snacks and Appetizers**

- Toss into fresh popped popcorn or make your own: Melt ghee, add salt and popcorn, pop until done.
- Mix with good quality coarse sea salt (like Celtic Sea Salt®). Add chives and spread over pita bread.
- Mix with nut butters such as almond, peanut, cashew and others for an amazing dip for apples and other fruits.
- Stir-fry minced fresh garlic in ghee and pour over fresh hot bread.
- Sauté garlic in ghee and use it to make out-of-this-world hummus.
- Spread over whole grain crackers; top with cheese.

## **Main courses and Soups**

- Stir into piping hot soup just before serving.
- Drizzle over fish, lobster, scallops, and crab.
- Stir into hot bean dishes such as Hoppin John, or Pasta e Fagioli.
- Stir into hot daal (Indian lentil soup) before serving.
- Combine minced garlic with plenty of dried herbs such as thyme, rosemary, sage, and parsley. Add salt, pepper, and enough ghee to make an herb paste; rub into a chicken and roast until done – be sure to baste with pan juices!

## **Vegetable, Potato, and Grain Dishes**

- Try it on hot rice – you'll never look back!
- Drizzle over fresh steamed veggies.
- Brush a layer over corn-on-the-cob.
- Stir fry greens such as kale, collards, and Swiss chard in ghee for great flavor and digestibility.
- Makes great flour and corn tortillas.
- Coat root vegetables with ghee, salt, and pepper; cover and roast at 425 °F until tender.
- Ideal for sautéing or caramelizing onions.
- Mash into hot baked potato, or stir into hot mashed potatoes.
- Rub ghee into the skins of potatoes or sweet potatoes; prick with a fork and bake at 400 °F until tender.
- Sauté mushrooms in ghee with a splash of wine and a pinch of salt for the best mushrooms ever!
- Spread over fresh hot Roti (Indian flat bread).
- Stir hot rice, quinoa, buckwheat, couscous or millet in hot ghee for 5 minutes; add liquid and cook as directed.
- Mash into baked potatoes with sour cream and chives.

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## **Desserts**

- Mix 2 tsp ghee with 1 tsp carob powder and a few drops of agave nectar; spread over rice cakes for a quick gluten free dessert.
- Use in cakes and cookies; they'll taste great and keep fresh longer.
- Melt chocolate; add a spoonful of ghee and enough powdered sugar to make a glaze. Use for cakes, quick breads or cookies.
- Stir a tsp into hot pudding before cooling – fantastic!
- Saute sliced apples or pears in ghee; sprinkle on some raw sugar and cinnamon; top with ice cream or yogurt.
- Mix ghee and coconut oil; sauté bananas with brown sugar; top with cream or ice cream.

## **Sauces**

- Ghee is the secret to making perfect Hollandaise Sauce; it's a perfect butter substitute and it's easy to work with.
- Delicious in Bolognese Sauce as is or with olive oil.
- Mix ½ cup melted ghee with ½ cup olive oil; refrigerate in container with lid and use for sautéing, spreading, and in sauces calling for olive oil.
- Simmer ghee, white wine, lemon juice, garlic, and a sprig of fresh thyme. Add salt and pour over cooked fish.

## **Breakfast**

- Spread on toast, muffins and bagels – unlike cold butter, ghee spreads easily.
- Stir into oatmeal or cream of wheat just before serving.
- Scramble or fry eggs in ghee – they won't stick to the pan.
- Make a French-style omelet with ghee; it's firm and won't turn brown like with butter.
- Use to sauté lean turkey bacon; works great, tastes great, and won't stick to the pan.
- Warm maple syrup with ghee; drizzle over hot blueberry, buttermilk, or buckwheat pancakes.
- Sauté veggies such as onion, tomato, and mushrooms in ghee; whisk in beaten eggs and make a breakfast frittata.
- Make French toast; brown in ghee for great flavor!

## **Out of the ordinary**

- Pack it up for traveling, camping, picnicking, and hiking – it's shelf-stable and doesn't need refrigeration.
- Massage into skin instead of lotion or massage oil; it keeps skin and joints supple.
- Keep lips moist: use ghee in place of lip balm.
- Rub ghee into cuticles to help keep nails in good shape.
- Enjoy straight out of the jar! ☺

## **Substitutions**

- Use in place of regular butter for sautéing; it doesn't smoke or burn as easily.
- Use in dairy-free recipes; milk solids are removed from ghee during the clarification process.
- Use in place of vegetable oil for basting, sautéing, and broiling.
- Use in place of butter for drizzling over veggies, toast, pancakes, waffles, grain dishes, fish, poultry, and meats.