

## Here's everything you need to know about cooking with ghee

Ghee has been a staple of Ayurvedic cooking for centuries. Ghee is a butter reduction that is made by boiling or simmering butter and then filtering it through a sieve. In the process, the water and milk solids are removed, making it a **lactose-free** and shelf-stable butter.”

### How is ghee good for you?

Ghee is famous for its healing properties and many health benefits, noting that it supports **weight management**, improves digestion, and reduces **inflammation** in the body. In addition to being safe for those who are **lactose intolerant** (and Paleo-friendly), ghee has some serious **gut-health-boosting** powers. To get all Ayurvedic, it is considered *sattvic*, a term that's loosely defined as balancing to your body. Ghee has butyric acid, which is found in the lining of your gut and helps your body digest foods.

When it is made with **grass-fed** butter, it contains the nutrients from the grass, like vitamins A and K. It will have a bright yellow color, containing **omega 3** and 9 fatty acids. It is good for your **bones, eyes, and immune system**. Ghee also has a high smoke point when you cook with it, which means that it does not change its fatty-acid profile in high heat making it become rancid and essentially turn into hydrogenated fat.

### How do you cook with clarified butter?

Use it to replace butter or oil in your normal cooking. Ghee has a more intense buttery flavor than regular butter since water is removed so you can use half the amount without sacrificing flavor. You can also stir it into your coffee or spread it on toast. Some people simply take a teaspoon in the morning or use it as a chaser with your shot of apple cider vinegar.