

How to Make Infused Ghee

Hands-on 15 minutes Overall 15 minutes

Nutritional values per 1 tbsp (15 ml): Total carbs: 0 g, Fiber: 0 g, **Net carbs: 0 g**, Protein: 0 g,

Fat: 15 g, Calories: 136 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients per jar (about 7-oz/ 200 ml)

- 1 package unsalted butter (250 g / 8.8 oz)
- 1 head garlic or 1 onion or any fresh herbs of choice (rosemary, basil, sage, thyme, mint, etc.)

Equipment

- small pouring pan
- small Pyrex glass jar
- cheesecloth for filtering the liquid
- sieve with smallest holes possible
- small glass container (~ 200 ml / 7 fl oz)

Instructions

1. To make garlic-infused ghee, slice the garlic.
2. Place the butter into a pan and start warming up on *low* heat. Slowly let it melt. *Note: Even if you use salted butter, all the salt will separate from the fat and your ghee will not be affected.*
3. Add the sliced garlic and let it simmer. As the butter melts, pure fat will separate from the milk solids and water. Keep shimmering on low heat. The water will start to evaporate as soon as you see bubbles on the surface, followed by white foam.
4. About 10 minutes after the butter melts, the milk solids (mostly lactose) will eventually stick to the sides and bottom of the pan and will turn light golden. Be careful not to burn the ghee! Once the milk solids turn golden, it only takes a minute.
5. Take off the heat. Put a sieve on the top of the heat-resistant jug. Place the cheesecloth in a double layer onto the sieve and pour the ghee carefully through the cheesecloth.
6. Discard the milk solids trapped in the cheesecloth and anything left in the pan.
7. You should end up with about 80% of the volume of the butter.
8. Pour the ghee in a glass jar. After it cools down, you can either

keep it refrigerated or at a room temperature. *Note: Store-bought ghee does not need to be refrigerated. Homemade ghee can also be stored at room temperature as long as there are no milk solids left.* After a few hours, the ghee will naturally solidify...

Suggestions

Be creative, try infusing ghee with vanilla bean, cinnamon or natural almond extract and use for making low-carb pancakes!

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