

# Anti-Inflammatory Golden Ghee

Hands-on 10 minutes Overall 20 minutes

**Nutritional values (per 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 (makes about 400 ml/ 13.5 fl oz)

- 2 packs unsalted grass-fed butter (500 g / 1.1 lb)
- 4-6 cloves garlic, sliced
- 2-3 pieces fresh turmeric, sliced
- 1/4 tsp white pepper *or* black pepper (*significantly improves absorption of turmeric*)

*Note: If you don't have fresh turmeric, use 1 teaspoon of [turmeric powder](#).*

## Instructions

1. Slice the butter and place into a saucepan. Warm up over a medium-low heat.
2. Peel and slice the garlic. Before you slice the turmeric, put on a pair of rubber gloves or it will stain your hands yellow.
3. Once the butter is melted, add the sliced garlic, turmeric and white pepper. As the butter melts, the fat will start to separate from the milk solids and the water start to will evaporate. Keep shimmering on *low* heat.
4. The water will start to evaporate as soon as you see bubbles on the surface, and then followed by white foam. The milk solids will separate and stick to the sides and bottom of the saucepan. Once they start getting lightly golden, it's time to take the saucepan off the heat. It will take a total of 10-15 minutes (twice as long if you double the recipe).
5. Place a sieve on top of a heat-resistant container or a glass jar. Place 2 layers of a paper kitchen towel or cheesecloth in the sieve and pour the ghee through it. Discard the milk solids trapped in the paper towel. *Note: Be careful not to burn the ghee! Once the milk solids turn golden, it only takes a minute to burn them.*
6. Pour the ghee in a glass jar. After it cools down, you can either keep it refrigerated or at a room temperature for up to a month.  
*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.*

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