



Transforming Lives through Quality Education

## DIVISION OF RESEARCH & EXTENSION

# Making Butter and Ghee at Home

### What is Butter and Ghee?

Butter and ghee are made from fat from whole milk. Butter contains 80% fat while ghee contains 99.9% fat. Ghee is clarified butter that has been cooked longer to remove all the moisture and the milk solids are browned in the fat and then strained out.

### Why Butter and Ghee?

Both butter and ghee are rich in proteins, fat soluble vitamins and fatty acids which are important to maintain good health. They can also be prepared at home using simple processes and used for cooking.



*Homemade butter*

### Procedure of Making Butter and Ghee

1. Boil milk and let it cool for 4-5 hours.
2. Collect the cream and place in a blender.
3. Add 2 cups chilled water and run the blender for 2-3 minutes. Leave a gap of a few seconds then run again.
4. After 10-15 minutes of whipping, the butter will collect at the top. The liquid remaining is buttermilk. Collect the butter with a ladle and place it in a bowl of chilled water.
5. Wash the butter 2-3 times in chilled water until the water is clear.
6. Press and remove as much water as possible and store the butter in a container and keep in the refrigerator.
7. Heat the butter in a heavy bottomed pan over medium heat.
8. When the butter melts, reduce the heat to low. It will start boiling with a lot of bubbles and later foam at the top.
9. Boil until the liquid becomes transparent, clear and golden brown in colour. It will form a nice aroma of ghee. Then turn off the heat.
10. Strain it using a sieve and store in a clean glass jar and store in a cool dark place. This is the **ghee**.



*Ghee*

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