



STAY HEALTHY  BE NATURAL

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### Clarified butter

Who would have thought that clarified butter is not only not to be avoided, but rather, in small doses, it is also good for you? The origins of this ancient product lie in Ayurvedic medicine. In India, in particular, the so-called Ghee, is the basis of many traditional recipes and is considered a kind of panacea of all evils for its digestive and antioxidant properties.

A basket of normal butter is composed of about 82% fat, 15% water and the rest by casein (the milk protein) and lactose. Once water and proteins are mechanically – not chemically eliminated – the clarified butter will be a condensation of fat, 60% of which is saturated, short-chain. This makes it perfect in the kitchen for frying, because its smoke point reaches 180 °, unlike the normal one that is around 120 °, ensuring better cooking of foods without the risk of burning the panatura.

In addition, although saturated fats are generally harmful to health, short-chain fats are used by the body in a similar way to carbohydrates, but bring more than double energy. So, if taken in small doses, they can have a beneficial effect on health and can be useful especially for people who have digestive disorders, since they facilitate the absorption of foods from the intestines.

The amount of cholesterol is also minimal, we talk about 8 mg for a teaspoon. Clarified butter is suitable for frying having a very high smoke point, which is around 190°-200°C.

It is more digestible and healthier than common butter, and its shelf life is longer.

Among the contraindications there is the caloric content: it must be consumed in moderation.

### Use of clarified butter in the kitchen

Ghee can find different uses in the kitchen. First of all, as we have just seen, it can be used without fear for frying: whether it is meatballs, vegetables or sautéed rice, the result does not change, the frying will be healthier than that made with classic butter. It can be used as a condiment of some dishes. One of them. Dumplings with butter and sage. It is ideal for browning meat as it is resistant to high temperatures and can be replaced by oil in the preparation of the classic sautéed with onion, carrots and celery or with garlic.

Finally, there is nothing to prevent it from being used in the final lysing risottos.