

HOW SHOULD I USE MY GHEE?

There are lots of great ways to use ghee! Here are some ideas to get you started:

Stir-fry greens such as kale, collards, and Swiss chard in ghee for great flavor and digestibility.

Use ghee to scramble or fry eggs; they won't stick to the pan.

Use ghee to make a French-style omelet; it's firm and won't turn brown like with butter.

Sauté veggies such as onion, tomato, and mushrooms in ghee; whisk in beaten eggs and make a breakfast frittata.

Sauté mushrooms in ghee with a splash of wine and a pinch of salt for the best mushrooms ever!

Drizzle melted ghee over fish, lobster, scallops, and crab.

Toss sweet potatoes, onions, rosemary, and salt together with ghee in a glass baking pan, and roast.

Combine minced garlic with plenty of dried herbs such as thyme, rosemary, sage, and parsley. Add salt, pepper, and enough ghee to make an herb paste; rub into a chicken and roast until done – be sure to baste with pan juices!

ABOUT OUR GHEE

- We've been in the ghee business in India for five generations.
- We use non-homogenized milk from organic, grass-fed & pasture-raised cows.
- The cows are not given antibiotics or hormones.
- No chemical fertilizers or pesticides are used on the pasture where the cows are grazing or in their feed.
- Our ghee is USDA Certified Organic by New Jersey Department of Agriculture.
- Our ghee is handmade in small batches with love and care by Nalini Agarwal (who our staff affectionately call "Ghee Lady").
- All our products are non-GMO.

Follow us on @pureindianfoods



Share your recipes and ideas
on how you use our ghees.
#pureindianfoods

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- **ORGANIC GRASSFED ORIGINAL GHEE**
- **ORGANIC GRASSFED CULTURED GHEE**
- **ORGANIC VIRGIN PRIMALFAT® COCONUT GHEE**



A Fifth-Generation Family-Owned
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GRASSFED GHEE

Better than butter?

Many people can't tolerate dairy, but they are able to consume ghee. Casein and lactose are removed during the making of ghee. Unless a person is very sensitive, consuming ghee is safe for those with dairy issues, unlike butter.

Ghee is made by melting butter at a low temperature until the water evaporates, and the fat and milk solids separate so the milk solids can be removed. You are left with a shelf-stable delicious golden-colored pure butterfat called ghee. Opened jars can be kept at room temperature for 2-3 months.

Why Grassfed?

Grass-fed cows produce milk that is high in vitamins and conjugated linoleic acid (CLA). CLA is an antioxidant and essential fatty acid. Conversely, grain-fed cows produce unhealthy fats you wouldn't want in your body. Most cows are corn or soy fed. It's cheap and filling, but indigestible for cows.

In addition, grassfed ghee contains a balanced ratio of omega-6 to omega-3 fats. (This ratio is around 3:1 for grass-fed animals compared to over 20:1 for grain-fed animals!)



CULTURED GHEE

Traditionally, cream is cultured before being churned into butter and then clarified into ghee.

Grass-fed Organic Cultured Ghee is made by following this age-old and time-honored practice. The result is a delightfully aromatic ghee with a slight tangy flavor characteristic of naturally cultured foods.

While cultured ghee is not a natural source of probiotics, the cultured milk has been pre-digested by living, natural, healthy bacteria, making it easier to digest and absorb.

The ancient tradition of Ayurveda considers cultured ghee important for digestion by strengthening Agni, our powerful digestive fire.

The fermentation process produces flavor compounds, giving this cultured ghee a richer, more buttery taste.

It is batch-tested Gluten-Free. It is also batch-tested to contain no more than 0.25% lactose and 2.5 ppm casein/whey.

PRIMALFAT® COCONUT GHEE

PRIMALFAT® Coconut Ghee is a 50/50 blend of Organic Grassfed Ghee and Organic Virgin Coconut Oil.

This is truly a delicious, powerfully nutritious natural cooking and baking blend. Coconut oil has a low smoke point, limiting its uses in cooking. Blending with ghee naturally increases the smoke point, making Coconut Ghee ideal for higher-heat cooking.

Both coconut oil and ghee are natural, health-building fats that complement one another beautifully, providing nutritional excellence with great taste and versatility. Ghee is rich in fat-soluble vitamins and short-chain fatty acids, whereas Coconut oil is rich in easily digestible medium-chain fatty acids that provide warmth and energy.

Ideal for baking, sautéing, stir-frying, and more. Coconut Ghee adds delicate, exquisite flavor to all of your favorite foods and recipes without an overpowering coconut flavor.

