

## WHY SPICED GHEE?

We prepare all ghees under the guidance of internationally renowned herbalists and Ayurveda experts, using ancient Ayurvedic methods. The ghee is infused with beneficial herbs and spices, which binds the lipid and water-soluble active ingredients to the ghee molecules. When you eat ghee infused with herbs and spices, you get the maximum benefits of the added premium ingredients.

In the following recipes ideas, use your favorite grain-free, gluten-free or conventional breads, pastas, cereals, etc. All recipes with milk can substitute grassfed cow's milk with non-dairy alternatives such as coconut or almond.



## OUR PROUD HERITAGE

Our family has been in the ghee business in India for five generations. We began in 1889, and today, we proudly continue on in the tradition of focusing on quality above quantity.

### QUALITY

#### ORGANIC, GRASS-FED COWS

Made from non-homogenized milk obtained only during spring thru fall, when the cows are out to pasture eating fresh green grass.

#### USDA CERTIFIED ORGANIC

Grassfed milk contains fat-soluble vitamins and naturally occurring Conjugated Linoleic Acid (CLA). Our ghee is Certified Organic by New Jersey Department of Agriculture (NJDA).

#### HANDMADE IN SMALL BATCHES

Handmade with love and care by Nalini Agwarwal (who our staff affectionately call "Ghee Lady").

#### NON-GMO

Cows are never fed GMOs, and are not given any hormones or antibiotics. Also, no pesticides or chemical fertilizers are used on the cows' feed.

Follow us on @pureindianfoods



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

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# ORGANIC & GRASSFED SPICED GHEE



A Fifth-Generation Family-Owned  
Ghee Business Since 1889

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## DIGESTIVE GHEE

Infused with cardamom, cinnamon, ginger. The flavor has hints of the spices used in chai tea; it is subtle but definitely adds depth.



### DELICIOUS IDEAS:

- Melt over hot baked sweet potatoes.
- Stir a tsp into hot milk; add honey, vanilla or rose water.
- Melt in warmed coconut milk and drink. Optionally add a spoonful of dark chocolate chips stirred in.
- Warm Digestive Ghee with maple syrup and a drop of vanilla – pour over pancakes.
- Use in place of pats of butter on top of apples and pears when making pies, crisps, and cobblers.
- Add to hot coffee or tea.

## GARLIC GHEE

Infused with garlic. Perfect garlic tone – not too overpowering, but definitely mouth-watering.



### DELICIOUS IDEAS:

- Melt a tsp over hot grilled steak.
- Stir into any creamy soup such as chowder or bisque.
- Sauté greens such as spinach or long beans.
- Try melted over pasta.
- Spread on French baguette to make the best garlic bread EVER!
- Use to fry onions.
- Add to any sauce for a garlicky kick.

## HERBES DE PROVENCE GHEE

Infused with savory, thyme, rosemary, basil, tarragon, and lavender flowers. Flavor is similar to the fragrance of fresh herbs you find in the French countryside – Fresh thyme and lavender.



### DELICIOUS IDEAS:

- Melt over grilled salmon.
- Try crab or lobster dipped in the melted ghee.
- Warm tortillas in a skillet brushed with ghee. Top with freshly grated cheese and let melt.
- Scramble with eggs.
- Sauté with carrots, onions, and celery.
- Toss with root vegetables and roast.

## INDIAN DESSERT GHEE

Infused with fennel, cardamom, and saffron. Flavor has a slight hint of fennel and is subtly reminiscent of licorice with just a touch of cardamom and saffron.



### DELICIOUS IDEAS:

- Toss with nuts, and roast in oven until toasted.
- Spread over toast.
- Replace oil with ghee in banana bread or date nut bread recipe.
- Top hot biscuits with ghee and honey.
- Make healthy chocolate candy: Melt a bar of dark chocolate, stir in a tablespoon of Indian Dessert Ghee, some dried blueberries, cranberries, and cherries and some unsweetened flaked coconut. Spoon into lightly oiled ice cube trays & freeze until firm.
- Use to fry potatoes, sweet potatoes or cubes of butternut squash.

## ITALIAN GHEE

Infused with oregano, rosemary, and thyme. The flavor is reminiscent of sautéing fresh Italian herbs from the garden.



### DELICIOUS IDEAS:

- Coat chicken tenders in melted ghee, coat in bread crumbs, and bake
- Stir into minestrone or tomato soup.
- Sauté marinated, cubed tofu or tempeh in ghee.
- Mix cooked pasta noodles with tomato sauce; stir in Italian Ghee.
- Use to fry onions and garlic for savory recipes.
- Scramble eggs with ghee, tomatoes, mushrooms, olives, and onions.

## NITER KEBBEH GHEE

Infused with cardamom, cinnamon, coriander, cumin, turmeric, and nutmeg. Subtle curry flavor and aroma with just a hint of cumin.



### DELICIOUS IDEAS:

- Use in place of oil when making favorite curry dishes.
- Stir a tsp into hot split pea or lentil soup.
- Rub into a chicken, season as desired and roast, basting often, until done.
- Stir into hot cooked basmati rice
- Bake cornbread using ghee instead of oil, butter, or shortening.
- Stir into hot cooked peas and corn.

**HAVE AN IDEA? SHARE WITH US!**