

FULL MOON GHEE

Recipe Book



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About Full Moon Ghee: Ancient Wisdom, Locally Sourced

What is Full Moon Ghee?

Ghee is clarified butter: a lactose-free, shelf-stable, high-heat cooking oil with origins in ancient India. To make our ghee, we begin with butter that comes from healthy, happy Jersey cows in Western Massachusetts. We slowly simmer the butter, removing the moisture, the milk solids, and the impurities. What remains is a pure premium cooking oil: the clarified essence of butter. Our ghee has a rich, sweet, slightly nutty flavor.

What is the difference between ghee and butter?

Ghee's high smoke point makes it the ideal oil for high-heat cooking. Ghee can tolerate heat up to 485 degrees Fahrenheit, compared with butter and coconut oil which both burn at 350 degrees. Since all of the milk solids have been removed, ghee is lactose and casein free, making it a healthy option for those with dairy sensitivities. Ghee does not have to be refrigerated. It is shelf stable for up to six months and can last up to a year if kept in the fridge.

What are the benefits of ghee?

Ghee is the superfood of India. Since ancient times, this sacred cooking oil has been celebrated for its taste, nutritional benefits, and healing properties. According to Ayurveda, India's 5,000-year-old medicinal science, ghee is *the* best oil for the human body. It stimulates digestion, aids the absorption of nutrients, and reduces inflammation, especially in the gut. Ghee lubricates joints, optimizes skin and eye health, and has an alkalizing effect on the entire body. Western medicine increasingly recognizes the many health benefits of ghee:

- Contains full-spectrum short, medium, and long-chain fatty acids
- Contains omega-3 and omega-9 essential fatty acids
- Contains vitamins A, D, E, and K
- One of the highest natural sources conjugated linoleic acid (CLA)
- Contains 9 phenolic antioxidants, as well as numerous other minerals.
- Aids digestion by stimulating the secretion of enzymes
- Promotes brain cognition and memory retention

The Ancient Roots of Ghee: Ayurveda

Ayurveda is considered to be one of the oldest healing sciences. Originating in India 5,000 years ago, it was taught and passed down orally before some of the knowledge was ever finally set to print. Ayurveda emphasizes prevention by encouraging the maintenance of health through close attention to balance: diet, lifestyle, healthy thought, and the use of herbs. Everyone has a unique fingerprint, so everyone's healthy life of balance is going to look different.

According to Ayurveda, ghee is a digestive. It helps to improve absorption and assimilation of nutrients. Ghee contains butyric acid- a monounsaturated fatty acid that is anti-inflammatory, anti-viral, reduces seepage of undigested food particles, and aids in repair of the mucosal wall. Ghee's ability to enhance the absorption of vitamins and minerals from food strengthens the immune system.

Ghee is a *yogavahi*—a catalytic agent that carries the medicinal properties of herbs into the seven *dhatu*s or tissues of the body. It lubricates the joints and strengthens connective tissue. Ghee pacifies *pitta* and *vata* and is acceptable, in moderation, for *kapha*. People who already have high cholesterol or suffer from obesity should be conservative in their ghee intake. Ghee is not to be used when there are high *ama* (toxic) conditions.

One or two teaspoons first thing in the morning followed immediately with hot water can promptly produce a bowel movement and prevent constipation. It will also warm the body quickly. Two spoonfuls of ghee in warm milk before bedtime is soothing to the nerves, lubricates the intestines, and facilitates a bowel movement in the morning.

Ghee can also be used topically for skin, eyes, and sinus health. In Ayurvedic treatments, 2-5 drops of warm liquid ghee is dropped into each eye at bedtime. In *Netra Basti*, a small dam is built around the eyes and filled with warm ghee. This is a method for cleansing and nourishing irritated eye tissues. Putting drops of ghee in the nose delivers the lubricating, purifying, and softening effects of ghee to all the channels of the head. It has been used to improve memory and invite focus.

Ghee provides relief for the elderly or debilitated when applied to bedsores. It can be also applied to soothe broken bones and bruises. It is highly effective for all sorts of skin rashes and burns. Used on the skin, ghee softens, strengthens, protects, and nourishes.

How to Make Ghee

Basic Ghee Recipe

Ingredients:

1 pound high quality grass-fed butter

1 pint jar

butter muslin cheesecloth or very fine mesh sieve

Directions: Melt the butter on medium heat and then let simmer on low for about 45 minutes. The milk solids will rise to the top and fall to the bottom. Once the solids turn golden brown on the bottom, it is time to turn off the heat and strain through a sieve or cheesecloth. Let cool in the fridge with the lid off until solidified for a smooth texture. Take it out of the fridge when cool and store at room temperature. If it is above 80 degrees in the kitchen, the ghee may separate, which is normal.

Ghee does not need to be refrigerated for up to 6 months and will last one year in the fridge. We store our ghee with the other oils by the stove for easy access when cooking. Transferring the ghee jar in and out of the fridge can cause condensation, resulting in moisture under the lid, which may cause spoilage. Use a clean dry utensil to scoop ghee to prevent moisture and bacteria from entering the jar.

Medicinal Ghee

Ingredients:

1 pint ghee, melted

1 pint herbal decoction

Directions: Slowly heat the ghee and decoction together in a pot (see decoction recipe below). Once simmering, reduce the heat to as low as possible. The longer it cooks on low heat, the more potent the medicated ghee becomes. The key is to slow cook off all the water from the decoction until only ghee remains. This can take a very long time and lots of patience. Once all of the water has evaporated, you have medicated ghee! Ghee is a *yogavahi*—a catalytic agent that carries the medicinal properties of herbs into the seven *dhatus* or tissues of the body.

Decoction Directions: This strong tea will reduce 4 times. Add 1 tablespoon of each herb you want to infuse into 4 pints of cool water and bring to a boil. Let simmer with the lid off until it reduces to 1 pint. This pint of decoction now contains the medicinal properties that will be infused into the ghee. Strain the herbs out through a sieve and add this strong decoction to the already made ghee.

Savor

Kitchari

Ingredients:

- $\frac{3}{4}$ cup basmati rice
- $\frac{3}{4}$ cup organic whole or split mung beans (soaked at least three hours) in 5 cups water
- 2 Tbsp ghee
- 1 tsp black mustard seeds
- 1 tsp cumin seeds
- 2 pinches hing (asafetida)
- 1 tsp fresh grated ginger
- 1 stick kombu (seaweed)
- $\frac{1}{2}$ tsp sea salt
- $\frac{1}{2}$ tsp turmeric
- 1-2 cups chopped vegetables (optional)

Directions: Wash rice and mung beans and soak for 3-8 hours, then drain. Warm ghee in a medium pot. Add ginger, mustard seeds, cumin seeds, and hing. Sauté the spices for 1-2 minutes until mustard seeds start to pop and aroma is released. Add rice and mung beans and sauté for 2-4 minutes. Add water and bring to a boil. Stir in seaweed, salt, and turmeric, and reduce heat to a simmer. Cover and cook until tender (approximately 30-45 minutes).

If you are adding vegetables, add the longer-cooking vegetables (such as carrot, beets, broccoli) halfway through the cooking, add shorter-cooking ones (like leafy greens) near the end. Your finished kitchari should be the consistency of a stew as opposed to a broth. Add more water for a soupier consistency and salt to taste. Serve hot with fresh cilantro and a dollop of ghee.

Kitchari is *the* Ayurvedic detox food and has been used for thousands of years as nourishment during times of cleansing and spiritual practice. In both Ayurveda and Traditional Chinese Medicine, mung beans are used to purify the blood and pull environmental toxins out of the tissues of the body, which is especially beneficial for the reproductive organs, liver, and thyroid gland. In addition to its medicinal and spiritual uses, Kitchari is a staple on the Indian dinner table and is often referred to as “the Indian comfort food.”

Red Lentil Dahl with Roasted Cauliflower

Ingredients:

1 cup red lentils
3 cups vegetable or chicken stock
½ head of cauliflower, cut into small florets and roasted
2 carrots
1 onion, thinly sliced
1 cup frozen peas
2 celery stalks
3 garlic cloves, finely chopped
2 Tbsp tomato paste
½ inch fresh ginger root (Old Friends Farm in Amherst grows fresh root)
½ inch fresh turmeric root (Old Friends Farm in Amherst grows fresh root)
1 tsp cumin powder
1 Tbsp curry powder
1 Tbsp ghee
½ tsp sea salt
½ cup cilantro leaves, chopped for garnish

Directions: Cut the cauliflower into small florets and coat with melted ghee, salt and pepper. Roast at 450° for 20 minutes or until tender and brown.

While the cauliflower is roasting, sauté onions, garlic and spices in ghee on medium heat for 5 minutes until onion softens. Add lentils and stir well to coat. Add vegetable or chicken stock and tomato paste and bring to boil. Turn the heat to medium and add vegetables until softened. Stir in the peas and roasted cauliflower. Add salt and pepper to taste. Garnish with cilantro leaves. Serve hot with jeera rice on the side.

Jeera Rice

Ingredients:

1 cup white basmati rice
½ cup water
1 Tbsp ghee
1 tsp cumin seeds

Directions: Melt ghee in a small saucepan and add cumin seeds on medium heat for one minute or until the fragrance of the seeds fills the air. Rinse rice and add to the saucepan, stirring constantly for 2-4 minutes to evenly coat the rice with ghee. Stir in water and bring to a boil then turn heat to low and simmer 20 minutes. Serve hot and add a dollop of ghee. Jeera rice can be enjoyed with Indian curries and dahls.

Rosemary Garlic Chapati - Indian Flat Bread

Makes: 10, 7inch chapatis

Ingredients:

2 cups whole wheat flour, sieved to remove germ

1 cup water, preferably warm

1 tsp salt

1 Tbsp ghee to moisten the hands

$\frac{1}{4}$ cup ghee

1 Tbsp fresh rosemary

1 Tbsp garlic, chopped

Directions: Mix salt into the flour. Add a little warm water to soften the dough while mixing the flour by hand. Slowly add a little more water and knead the dough, it may become sticky which is fine. Cover the dough with a cloth and let it rest 15-20 minutes.

While waiting, make the rosemary garlic ghee for spreading on each chapati. Melt ghee on medium heat. Add the chopped garlic and rosemary. Turn heat to low and let the ghee infuse with the herbs for 15 minutes. Be sure it does not burn! Remove from heat and begin rolling the dough to make chapatis.

Moisten your hands with ghee and knead the dough for another 5 minutes until it turns into a smooth, supple dough. Roll the dough into a log and cut 10 equal size balls. Flatten one gently and cover it with flour on both sides before rolling them out into a small circle. Keep the remaining balls covered with a damp cloth to keep them moist.

Roll the ball to desired thickness and place on a warm skillet coated with ghee. Flip the chapati after 10 seconds and continue flipping until each side is cooked evenly, there will be brown spots and it will fill with air. Lightly press down with a dry towel to encourage the air to pass through the entire chapati.

Keep warm wrapped in cloth inside a container that retains heat. Brush the ghee rosemary garlic on top of each chapati and serve warm.

Herbed Roasted Roots

Ingredients:

3 sweet potatoes
3 potatoes
3 beets
3 Tbsp ghee
1 tsp sea salt
freshly cracked pepper to taste
1 Tbsp fresh or dried herbs (sage, thyme, rosemary)

Directions: Preheat oven to 400 degrees Fahrenheit. Chop roots into $\frac{3}{4}$ -inch cubes, or your favorite shape (larger pieces will increase cooking time). Spread chopped roots evenly on a baking sheet and season with sea salt, freshly cracked pepper, and herbs to taste. Dollop ghee over the roots and place the baking sheet in the oven. After five minutes, once the ghee has melted, stir the roots so they are evenly coated with ghee. Bake 30-45 minutes, or until tender.

You can sub any seasonal vegetable for roots! This recipe is especially tasty with winter squash, zucchini and summer squash, broccoli, cauliflower, whole leeks, and mushrooms.

Butternut Squash Soup

Ingredients:

1 large butternut squash
1 medium yellow onion
3 stalks celery
2 carrots
3 cloves garlic
4 Tbsp ghee
3-4 cups preferred stock (vegetable or meat)
2 tsp sea salt
1 tsp freshly cracked black pepper
 $\frac{1}{2}$ tsp cinnamon
 $\frac{1}{2}$ tsp cumin

Directions: Preheat oven and peel butternut squash, halve and scoop out seeds, and chop into 1-inch cubes. Melt 3 Tbsp ghee in a large saucepan over low-medium heat. Add squash, stir to coat evenly, cover and leave to cook for 10 minutes. Meanwhile, chop carrots, celery, and onion into $\frac{1}{2}$ -inch pieces. Add to squash and cook 10 more minutes, stirring frequently. Mince garlic and add. Use $\frac{1}{2}$ cup of stock to deglaze the bottom of the pot. Add the remainder of the stock and cook for 40 minutes or until vegetables are tender. Add salt, pepper, cinnamon and cumin—adjust to taste. Blend until smooth with an immersion blender, upright blender, or food processor. Garnish each bowl with a dollop of ghee and a sprinkle of cinnamon.

Sweeten

Cacao Ghee

Ingredients:

$\frac{3}{4}$ cup ghee, warmed to liquid

$\frac{1}{4}$ cup cacao powder

$\frac{1}{4}$ cup raw honey

Directions: Melt ghee on stovetop over low heat. Allow melted ghee to cool so that it is still liquid but not too hot to touch (if the raw honey is combined with ghee at a boiling temperature, the honey may lose its medicinal properties).

Combine warmed ghee, honey, and cacao powder and blend with an immersion blender (an upright blender or food processor will also work) to incorporate all ingredients evenly. Pour into a mason jar. Cool in the fridge without a lid. Once cool, remove from the fridge and place a lid on the jar. Store at room temperature. Pour over seasonal fruit, or blend into a hot beverage for an energizing, heart-opening treat.

This decadent dessert ghee combines the medicinal power of its three ingredients: cacao, raw honey, and ghee. A single spoonful is loaded with antioxidants and essential vitamins and minerals such as magnesium, vitamin C, natural sulfur, B-complex vitamins, and iron. Studies link cacao to lower the risk of heart disease and decrease high blood pressure. Cacao ghee has powerful anti-oxidants and compounds that boost the immune system. It is considered to be an aphrodisiac by calming the nervous system while increasing sensitivity and passion.

The Best Date

Ingredients:

2 cups ghee, melted

1 cup medjool dates

Directions: Loosely pack a glass pint jar with dates, then pour melted ghee over them slowly. Allow air bubbles to rise to the top and make sure all the dates are coated in ghee. Cool in the fridge without a lid. Once cool, remove from the fridge and place lid on jar. Store at room temperature.

Goji berries, raisins, and cinnamon powder can also be added before pouring the warm ghee for a super packed experience of *ojas*, the deepest essence of vitality and immunity according to Ayurveda. Dates soaked in ghee are pure *ojas* - they revitalize the deep tissues of the body.

Ojas Truffles

According to Ayurveda, there is a nourishing substance in the body that governs vitality. *Ojas* (“oh-jas”), which translates literally as “vigor,” provides support for immunity, digestion, mood, and sleep. These truffles are packed with foods that replenish the body’s supply of ojas: sprouted almonds, dates...and, of course, ghee. They’re not only sweet, they’re vital! Here are our two favorite flavors.

Coconut Spice:

Ingredients:

- 1 lb raw almonds, sprouted and peeled
- 4 oz medjool dates, pitted
- 2 Tbsp ghee
- 1 Tbsp maple syrup
- ½ cup dried unsweetened shredded coconut + extra for rolling
- 1 vanilla bean - insides scraped out
- ¼ tsp salt
- 2 tsp powdered ginger
- 2 tsp cardamom
- 1 tsp cinnamon

Cacao:

Ingredients:

- 1 lb raw almonds, sprouted and peeled
- 4 oz medjool dates, pitted
- ¼ cup raw cacao + extra for dusting
- 2 Tbsp ghee
- 1 Tbsp maple syrup
- 1 vanilla bean - insides scraped out
- ¼ tsp salt

Directions: Soak almonds 8 hours to sprout, slip off the skins, and rinse. Place ingredients in food processor and pulse until the mixture has an even consistency. If it does not hold together, add more ghee. Roll into balls 1 inch in diameter. For Coconut Spice truffles: roll balls in extra coconut. For Cacao truffles: dust with extra cacao powder.

Full Moon Ghee Fudge

Recipe by Amy Sobel

Ingredients:

6 oz. jar Full Moon Ghee

6 Tbsp 100% Cacao powder

6 Tbsp of honey (or to your sweet preference)

1.5 Tbsp of coconut butter

$\frac{1}{2}$ tsp cinnamon

$\frac{1}{4}$ tsp vanilla

$\frac{1}{4}$ tsp sea salt

Optional: 3 Tbsp ground almonds, any other chopped nuts, dried fruit, shredded coconut.

Directions: Melt the ghee and coconut butter and mix with all the ingredients in a food processor until smooth. Spread in a ghee-greased pan and refrigerate until hard. Remove and cut into bite size pieces. Sprinkle with rose petals for decoration.

Cardamom Caramel Corn

Recipe by Grace Nowakoski

Ingredients:

$\frac{1}{2}$ cup popcorn

2 tsp Full Moon Ghee

2 tsp coconut oil

1 Tbsp honey

3 Tbsp maple syrup (the darker the better)

$\frac{1}{4}$ tsp salt

powdered cardamom to your flavor preference

Directions: Pop some popcorn using your favorite method. We like to use the old fashioned Oil in a Pot technique. It's easy to put the right amount of kernels in by just covering the bottom of the saucepan you're using. We find that fewer burn, and more pop if you put the kernels and oil in together and heat on a high medium, turning down the stove when the popping starts. Heat all other ingredients in a saucepan stirring constantly, until the mixture boils. You can adjust these ingredients to your preference, but honey is essential to help the syrup mix with the fats. The texture of the caramel depends on how long you boil it, so experiment. You want to boil it at least until it sticks to a spoon as much as honey does, or you'll end up with soggy popcorn (yuck!). If you boil it more you can get a nice hard candy coating style caramel.

Pour half your popcorn into a large serving bowl. Drizzle half the caramel over it while jiggling the bowl or having a friend stir. Add the rest of the popcorn and repeat. Grab a napkin and enjoy! It keeps well in a zip-top bag for the next day, so always make more than you think you want.

Beverages

Superfood Smoothie

Ingredients:

3-4 dates pitted

½ avocado

½ cup seasonal fruit, fresh or frozen

½ cup almond milk

2 Tbsp raw almond butter

1 Tbsp ghee

1 Tbsp chia seeds

Pinch of cardamom

Combine all ingredients into a blender on high for 10-20 seconds until smooth. Adding a tablespoon of ghee to your favorite smoothie optimizes nutritional absorption. This smoothie is packed with energy to start the day or for afternoon boosts.

Flavored Ghee Latte

Pumpkin Spice

Ingredients:

6 oz coffee or chai tea

¼ cup Pumpkin puree (canned or freshly baked)

2 Tbsp ghee

2 Tbsp coconut cream

spices to taste: cinnamon, ground ginger, nutmeg, clove, allspice

1 Tbsp maple syrup

Directions: Combine pumpkin puree, ghee, and coconut cream in a small saucepan and heat on low. Stir in spices to taste. Prepare 6 oz hot coffee, either regular or decaf, or hot chai tea. Pour coffee/tea, pumpkin spice cream, and maple syrup into a blender and pulse until frothy.

Vanilla Spice

Ingredients:

6 oz coffee or tea

Seeds of ½ vanilla bean (scrape insides)

2 Tbsp ghee

1 Tbsp maple syrup

Spices to taste: cinnamon, nutmeg, clove, cardamom

Directions: Combine ingredients into a blender and pulse until frothy.

Mocha Latte

Ingredients:

6 oz coffee, tea, or Dandy Blend®

2 Tbsp Cacao Ghee (see Cacao Ghee recipe)

Directions: Combine ingredients into a blender and pulse until frothy.

Bulletproof Coffee™

Ingredients:

1 cup of coffee or hot Dandy Blend®

1 Tbsp ghee

Immersion blender or regular blender

Directions: Brew your coffee or Dandy Blend® the way you like it. Add the ghee while the beverage is hot so it melts. Blend the ghee and beverage on high for 20 seconds until the ghee emulsifies and the beverage is frothy like a latte. Pour into your favorite mug and enjoy!

This recipe can be made with coffee or adapted by using Dandy Blend®, a caffeine free instant beverage made with roasted dandelion, chicory, and barley. The only café that serves a Dandy Mocha Latte with Full Moon Ghee is *Nourish Wellness Café* on Main St. Northampton. Try it there or make it at home!

Note: Bulletproof is a term from the founders of Bulletproof Coffee™ to describe the method of boosting your beverage with healthy fats to increase mental focus, clarity, and performance. To learn more visit bulletproofcoffee.com

Golden Milk

This traditional Ayurvedic recipe has been used for centuries to aid digestion, calm the nervous system, and focus the mind.

Ingredients:

1 Tbsp ghee

1 small pinch of each powder: cinnamon, turmeric, dried ginger, cardamom, nutmeg

1 pinch saffron threads (optional)

1 cup milk of choice (whole, almond, hemp, coconut)

1-2 tsp honey

Place the ghee in a small saucepan over medium heat. Once melted, whisk in the milk, saffron, and spices until warm, but not boiling. Add honey, pour into a cup and enjoy. Drink golden milk 30 minutes after a meal or before bedtime.

We hope you enjoy this first edition of the
Full Moon Ghee Recipe Book!

For questions, comments, and more information please visit:

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Full Moon Blessings,

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