

גְּהִי

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Minor deities (one single or no dedicated hymn)

Ghrta

https://en.wikipedia.org/wiki/Rigvedic_deities

Ghee

From Wikipedia, the free encyclopedia
(Redirected from Ghrta)

Ghee is a class of clarified butter that originated in India and is commonly used in Pakistani, Indian, Bangladeshi, Nepali and Sri Lankan cuisine, traditional medicine and religious rituals.

The word *ghee* comes from Sanskrit: घृत (*ghṛta*, IPA: [ɡʱɾ̩t̪ə] 'sprinkled') and has several names around the world (Marathi/Konkani: तूप *tūp*, Bengali: ঘি *ghi*, Punjabi: ਘ੍ਰਿਓ *ghio*, Hindi: घी *ghī*, Gujarati: ધી *ghi*, Maithili/Nepali: घ्यू *ghyū*, Urdu: گھی *ghī*, Oriya: ଘିଅ *ghiô*, Kannada: ತುಪ್ಪ *tuppa*, Malayalam: നെയ്യ *neyy*, Tamil: நெய் *ney*, Sinhala: Ela-ghitel or Ghitel එලඹි තෙල් or ගිතෙල්, Telugu: నెయ్యి *neyyi*, Somali: *subag*, Arabic: سمنة *samna*, Pashto language: غوري Persian: روغن حیوانی *roghan-e heiwâni*, Kurdish: رۆن دان *řün-i Dan*, Georgian: ერბო *erbo*, Indonesian: *minyak samin*, Malay: *minyak sapi*, Hausa: *man shanu*).

Ghee (clarified butter)

Nutritional value per 1 tablespoon

Energy	469 kJ (112 kcal)	
Fat	12.73 g	
Saturated	7.926 g	
Monounsaturated	3.678 g	
Polyunsaturated	0.473 g	
Protein	0.04 g	
Trace metals		
Potassium	1 mg	(0%)

Units

µg = micrograms • mg = milligrams

IU = International units

Percentages are roughly approximated using US recommendations for adults.

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Description

Ghee, a type of clarified butter, is prepared by simmering butter and removing the residue.^[1] Spices can be added for flavor.^[2] The texture, color, and taste of ghee depend on the quality of the butter and the duration of the boiling.



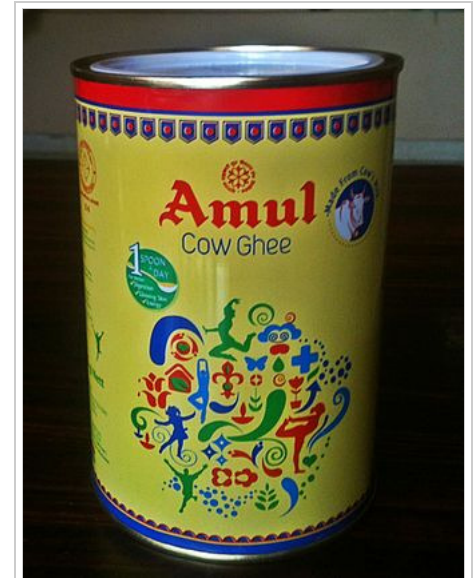
Ghee

In Hinduism

Traditionally, ghee [Sanskrit: गोघृत *go-ghṛta*] is always made from the milk of cows, which are considered sacred, and it is a sacred requirement in Vedic *yajña and homa* (fire sacrifices), through the medium of Agni (fire) to offer oblations to various deities. (See Yajurveda).

Fire sacrifices have been performed dating back over 5,000 years. They are thought to be auspicious for ceremonies such as marriage, funerals, etc. Ghee is also necessary in Vedic worship of *mūrtis* (divine deities), with *aarti* (offering of ghee lamp) called *diyā* or *dīpa* (deep) and for *Pañcāmṛta* (Panchamruta) where ghee along with mishri (mishri is different from sugar), honey, milk, and *dahī* (curd) is used for bathing the deities on the appearance day of Lord Krishna on Janmashtami, *Śiva* (Shiva) on *Mahā-śivarātrī* (Maha Shivaratri). There is a hymn to ghee.^[3]

In the *Mahabharata*, the *kaurava* were born from pots of ghee.^[4] Getting pure ghee to perform sacred functions is difficult these days to the Hindu society as famous commercial brands like Amul and Mother dairy prepare ghee by adding salt in it to get maximum output.



Cow Ghee of 1 Litre can

Culinary uses

Ghee is widely used in Indian cuisine. All over India, rice is sometimes traditionally prepared or served with ghee (including *biryani*). In Rajasthan, ghee is eaten with *baati*. All over north India, people sometimes dab *roti* with ghee. In Bengal (both West Bengal and Bangladesh) and Gujarat, ghee is served with *kichdi*, which is an evening meal (or dinner) of rice with lentils cooked in curry made from yogurt, cumin seeds, curry leaves, ghee, cornflour, turmeric, garlic, and salt. Ghee is also used to prepare *kadhi* and used in Indian sweets such as *Mysore pak*, and different varieties of *halva* and *laddu*. Punjabi cuisine prepared in restaurants uses large amounts of ghee. *Naan* and *roti* are sometimes brushed with ghee, either during preparation or while serving. Ghee is an important part of Punjabi cuisine and traditionally, the *parathas*, *daals*, and curries in Punjab often use ghee instead of oil, to make them rich in taste. Different types of ghees are used in different types of cooking recipes; for example, ghee made from cow's milk (Bengali: গাওয়া ঘী *gaoa ghi*) is traditionally served with rice or *roti* or just a generous sprinkle over the top of a curry or *daal* (lentils), but for cooking purposes, ghee made from buffalo's milk is used generally.



A dosa in India served with ghee

Ghee is an ideal fat for deep frying because its smoke point (where its molecules begin to break down) is 250 °C (482 °F), which is well above typical cooking temperatures of around 200 °C (392 °F) and above that of most vegetable oils.

Clarified butter vs. ghee

Ghee, although a type of clarified butter, differs slightly in its production. The process of creating traditional

clarified butter is complete once the water is evaporated and the fat (clarified butter) is separated from the milk solids. However, the production of ghee includes simmering the butter along with the milk solids so that they caramelize, which makes it nutty-tasting and aromatic.^{[1][5][6][7]}

According to Ayurveda, ghee is traditionally made in a way rather different than clarified butter. To make real ghee, one must obtain raw milk, then boil it, let it cool to 110°F (43°C), and add curd (Indian yogurt) cultures. After letting it set, covered at room temperature for around 12 hours, the curd is then churned using ancient methods to obtain this specific type of cultured butter. This butter is finally used to simmer into ghee.

Traditional medicine

Ayurveda considers pure un-adulterated ghee to be *sāttvik* or *sattva-guṇi* (in the "mode of goodness"), when used as food. It is the main ingredient in some of the Ayurvedic medicines, and is included under *catuh mahā sneha* (the four main oils: *ghṛta*, *taila*, *vasā*, and *majjā*) along with sesame oil, muscle fat, and bone marrow. Ghee is used preferentially for diseases caused by *Pitta Dosha*. Many Ayurvedic formulations contain ghee, for example, *Brāhmi ghṛta*, *Indukānta ghṛta*, *Phala ghṛta*, etc. Though eight types of ghee are mentioned in Ayurvedic classics, ghee made of human breast milk and cow's ghee are claimed to be excellent among them. Further, cow's ghee has *medhya* (intellect promoting) and *rasāyana* (vitalizing) properties. Ghee is also used in Ayurvedas for constipation and ulcers.^[8]

In Sri Lankan indigenous medical traditions (*Deshīya Cikitsā*), ghee is included in *pas tel* (five oils: ghee, margosa oil, sesame oil, castor oil, and butter tree oil).

Nutrition

Like any clarified butter, ghee is composed almost entirely of fat, 62% of which consists of saturated fats; the nutrition facts label found on bottled cow's ghee produced in the United States indicates 8 mg of cholesterol per teaspoon.

Indian restaurants and some households may use partially hydrogenated vegetable oil (also known as *vanaspati*, *dalda*, or "vegetable ghee") in place of ghee because of its lower cost. This vegetable ghee may contain trans fat. Trans fats have been shown to increase the risk of coronary heart disease.^{[9][10]} The term *shuddh ghee*, however, is not used in many regions as partially hydrogenated oils are marketed as pure ghee in some areas. In India, the sale of fake ghee is stopped by law enforcement agencies whenever a complaint is made.^[11] Ghee is also sometimes called *desi* (country-made) ghee or *asli* (genuine) ghee to distinguish it from vegetable ghee.

Ghee

Nutritional value per 100 g (3.5 oz)

Carbohydrates	0 g	
Fat	99.5 g	
Saturated	61.9 g	
Trans	4g	
Monounsaturated	28.7 g	
Polyunsaturated	3.7 g	
Protein	0 g	
Vitamins		
Vitamin A	3069 IU	
Vitamin E	15.7 mg	(105%)
Other constituents		
Cholesterol	256 mg	

Fat percentage can vary.

Units

μg = micrograms • mg = milligrams

Fats & Fatty Acids	Amounts Per 100g of Ghee
Total Fat	99.5g (153% DV)
Saturated Fat	61.9 g (310% DV)
Monounsaturated Fat	28.7 g
Polyunsaturated Fat	3.7 g
Trans Fats	4 g
Omega-3 fatty acids	1447 mg
Omega-6 fatty acids	2247 mg

Other Non-fat nutrients	Amounts Per 100g of Ghee
Carbohydrates	0
Minerals	0
Cholesterol	256 mg (85% DV)
Phytosterols	0
Vitamin A	3069 IU (61% DV)
Vitamin B, C, D	0
Vitamin E	2.8 mg (14% DV)
Vitamin K	8.6 mcg (11% DV)

IU = International units

Percentages are roughly approximated using US recommendations for adults.

Source: USDA Nutrient Database (<http://ndb.nal.usda.gov/ndb/search/list>)

Source : <http://ndb.nal.usda.gov/ndb/foods/show/3?fg=&man=&lfacet=&format=&count=&max=25&offset=&sort=&qlookup=butter+oil>

Outside the Indian Subcontinent

Several communities outside the Indian Subcontinent make ghee. Egyptians make a product called *samna baladi* (سمنة بلدى IPA: [ˈsæmnæ ˈbælædi], meaning "local ghee"; i.e., Egyptian ghee) identical to ghee in terms of process and result. Samna Baladi is made from water buffalo milk, instead of cow milk, and is white in color. Also, during the process, the darkened milk solids are considered a delicacy called *morta* مرطّة, which is a salty condiment used as sparingly as a spread, or as an addition on fava dishes. Regular samna is also made from cow milk in Egypt and is often yellowish.

In Ethiopia, *niter kibbeh* (Amharic: ነጥር ቅቤ, *nīṭer kibē*) is made and used in much the same way as ghee, but with spices added during the process that result in distinctive tastes. Moroccans (especially those of the Amazigh ethnic group, known to Westerners as "Berbers") take this one step further, aging spiced ghee for months or even years, resulting in a product called *smen* (*oedie* in the Amazigh language). In northeastern Brazil, an unrefrigerated butter very similar to ghee, called *manteiga-de-garrafa* (butter-in-a-bottle) or *manteiga-da-terra* (butter of the land), is common. It is also widely used in Europe. For example, *Wiener Schnitzel* is traditionally fried in a version of ghee called *Butterschmalz*. . In Switzerland as well as bordering areas, butter was rendered in the old days to preserve the product for several month without refrigeration. "Boiled Butter", as it is commonly



Fiji's Choice Ghee is one variety that is made outside the Indian Subcontinent, in Fiji.

called, is used extensively to finish a typical dish of "Roesti", the Swiss version of hash browns. It gives the dish its perfect flavor. This product is also used in baking of various pastries and cakes as a substitute for fresh butter to enhance the flavor of the products. Among pastoralist communities in East Africa, such as the Nandi, Tugen, and Maasai communities, ghee and flocculated byproducts (*kamaek*) from ghee-making were traditionally used as cooking oil. In Japan, ghee was mentioned in the *Nirvana Sutra*, and inspired the creation of Daigo, created from *so*, a milk skin cheese.

See also

- Clarified butter
- Schmaltz

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