

OMGHEE KITCHEN



the ghee book



RECIPES AND TIPS
FOR GHEE

 **omghee**



How do I use ghee?

This is the most frequently asked question when I am spending time with home cooks or educating new customers on the amazing benefits of ghee.

The simple answer is swap out oil or butter in your cooking for the healthier, lactose free version of ghee – and whammo! you now have a ghee recipe.

What I really want to say though is...



“You already know how to use it.”

As Australians we often associate ghee with curry, and while ghee is great for curry due to its super high smoking point, most ghees are created purely for frying.

OMGhee has been created as an eating ghee.

The most simplest way to use OMGhee is on bread, your crumpets or dolloped on golden cobs of sweetcorn or mounds of beautiful steamed vegetables - just like you would butter.

Think of it as your healthy, guilt free, lactose free solution to a butter addiction (guilty as charged your honour!)

I do appreciate though, that something in writing, from 'the ghee expert' will give you the confidence to go boldly into your own kitchen, your comfort place, when you can don your gheenius cap and begin creating and experimenting with OMGhee yourself.

This short e-book will provide you with just a few recipe examples on how ghee can be used in your main dishes, a dessert and even drinks.

And because I'm mad passionate for ghee and education, I'm sharing the love and joy, and thrown in some bonuses for you.

I suggest printing this booklet out, or saving it to the home page of a device you can access easily in the kitchen (such as an iPad) and you'll have some gheelicious ideas and handy tips instantly at your fingertips.

My suggestion, avoid complicating things.

Ghee is not hard.

After a quick read of this book, a few goes in the kitchen, and with the help of our bonus sections you too will quickly become a ghee expert and connoisseur yourself.

Lisa O



OMGHEE

the ghee book

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nghee
ORGANIC | GRASS FED

Dreamy, Creamy Oats



Oats - 3 Ways

Toasting your oats in a little OMGhee before cooking and then topping with a little extra OMGhee to serve will elevate your breakfast to a new level of nourishing deliciousness!

It only takes an extra minute to soak your oats the night before cooking, and you'll be rewarded with even creamier, quicker to cook, and easier-to-digest porridge.

You can take these oats in any flavour direction you like - we've included three of our favourites.



Ghee helps you get more out of your food. As well as tasting amazing, cooking and serving your porridge with OMGhee helps your body to absorb the fat-soluble vitamins in oats.



CORE INGREDIENTS

1 Cup whole rolled or steel cut oats
2 cups filtered water
Splash of apple cider vinegar
2 teaspoons of OMGhee
1 cup of milk - dairy or plant-based, your choice.
Extra OMGhee to serve.

HOW TO

Place oats in a medium saucepan, cover with the filtered water and a splash of apple cider vinegar. Stir, cover, and leave to soak overnight at room temperature.

In the morning, drain the oats in a sieve over a bowl to catch the soaking liquid.

Melt the 2 teaspoons of OMGhee over medium heat in the saucepan you used to soak the oats. Add the drained oats and stir over a for a couple of minutes, until they begin to brown and smell nutty and delicious.

Pour in half the reserved soaking liquid and half the milk plus a good pinch of salt flakes.

Bring to a gentle simmer and stir over low heat, adding more milk and reserved soaking liquid as needed. Continue cooking until your porridge is soft and creamy, about 10-15 minutes: less for rolled oats and a little longer for steel cut.

Spoon into two bowls and top each with an extra teaspoonsful of OMGhee and your favourite topping.

Get ready for a warming, nourishing food hug

1

CARROT CAKE PORRIDGE

INGREDIENTS

1 large carrot, coarsely grated
2 tablespoons of black raisins or sultanas
1/2 teaspoon cinnamon
2 tablespoons walnuts or pecans, toasted and roughly chopped

HOW TO

Prepare your Creamy Dreamy Porridge up to the beginning of step 3.

When you toast your drained oats in OMGhee, add the grated carrot as well and cook until the oats smell toasty and the carrot is softened.

Add the oat soaking liquid and milk as usual, along with the sultanas or raisins and cinnamon.

Cook until soft and creamy - about 10-15 minutes.

Spoon into two bowls and top each with an extra teaspoonsful of OMGhee and the chopped nuts.



CARAMELISED PEAR TOPPING



INGREDIENTS

2 Teaspoons OMGhee

2 teaspoons coconut, rapadura or brown sugar

1 ripe pear, quartered and cored, each quarter sliced into 4 lengthways

Pinch of cinnamon



HOW TO

Melt OMGhee over medium heat in a small nonstick frying pan.

Swirl around the pan and evenly sprinkle over the sugar. Cook for a couple of minutes, without stirring.

Add pear slices and cook for 2-3 minutes on each side until golden and caramelised.

Spoon the pears over two bowls of porridge and add a pinch of cinnamon to serve.



CHAI-SPICED SUGAR

INGREDIENTS

2 Tablespoons raw sugar
2 Tablespoons coconut, rapadura or brown sugar
2 teaspoons ground cinnamon
1 teaspoon ground ginger
1/4 teaspoon each of ground cardamom, nutmeg, & cloves
1/4 teaspoon each of finely ground black pepper and fine sea salt.

HOW TO

Combine all ingredients in a small container or jar with a lid and mix well.

Sprinkle each bowl of porridge with a generous layer of the chai-spiced sugar – about 2 teaspoons. Make sure you've topped your porridge with the extra spoonful of OMGhee first!



Ghee is a

Healthy Fat



omghee

REDUCES *inflammation*

Ghee has anti-inflammatory properties and can be used to treat burns and swelling. The fatty acid butyrate is linked to immune system response for inflammation management.



HEART *healthy*

Though rich in fat, ghee contains high concentrations of mono unsaturated Omega-3s. These healthy fatty acids support a healthy heart and cardiovascular system. Studies show that using ghee as a part of a balanced diet can help reduce unhealthy cholesterol levels.



A close-up photograph of a white bowl filled with fluffy white rice. The rice is garnished with finely chopped green coriander leaves and small pieces of yellow ghee. A decorative white spiral, possibly made of a food-safe material, is draped over the rice. In the background, there is a wooden surface with more fresh coriander leaves and a sliced green chili pepper.

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Rice, Coriander & Ghee

Rice, Coriander & Ghee

This recipe was one of the first I ever used OMGhee on to showcase it's flavour to friends who had never had ghee before. It's one of the easiest and tastiest way to experience ghee.

This recipe calls for plain basmati rice with dashings of coriander and Indian black salt for additional health benefits.

It's quick, easy, doesn't take much skill level and is perfect for when you can't be bothered cooking or you have a lot of mouths to feed.

You will leave the table feeling super nourished without the heaviness you would expect.

SERVES: 2
TOTAL TIME: 20 MIN
EXPERIENCE: EASY

INGREDIENTS

1/2 Cup Basmati Rice
2 tablespoons OMGhee
1 Cup Chopped Fresh Coriander
Indian Black Salt
Squeeze of Lemon or Lime Juice per Serve, and to taste
#1 Cup of Joy



HOW TO

Wash your rice 4 times until the water changes to be clear in colour. Then allow the rice to soak in clean filtered water for 10 mins.

Drain your rice and place it a saucepan.

Add boiling water to 1cm above the rice line.


Turn the heat to high, place the lid on the saucepan and boil for one minute or until froth appears.

Turn off the heat, leave the lid on and wait. It will be ready in about 10 mins. Important - do not remove the lid.

While waiting for your rice, cut the coriander finely.

Take the rice off the stove, stir through the coriander and add dollops of OMGhee.

Serve into individual portions and squeeze lemon liberally over each serve and season with black salt.



FUN FACT: Black salt isn't really that black, when it's ground up it's almost indistinguishable from himalyan pink salt. What is most noteworthy about it is that it stinks!

Yes seriously, it stinks like sulphur - and you know what THAT can also smell like. Don't let this put you off - it tastes great. It adds a very distinct flavour profile to the dish without it becoming - salty

Only use it for enhancing dishes after cooking. It is not suited to be added to dishes during the cooking process.





BOOSTS

immunity

Ghee contains high Omega-3s & fat soluble vitamins plus butyrate a fatty acid linked to immune system response for inflammation management. Ghee improves gut health, which is directly linked to building immunity.

LACTOSE

free

Removing the milk solids during the cooking process means ghee is an option for those who are lactose intolerant.

IMPROVES

brain function

Increases Brain Function & Mood
Eating ghee stimulates the production of oxytocin in the brain.

Roast Fish with Spicy Miso Ghee

Baking a whole fish is one of our favourite and effortless (yet impressive) ways to feed a group of friends or family.

So, toss out any thoughts about whole fish being fiddly, expensive, or just not your thing. Honestly, it's so quick, full of flavour and much more affordable than cooking fish fillets.

We've combined miso, gochujang and ghee for the marinade-sauce. While that might sound like a bit of a mouthful, we guarantee it's a mouthful you want in your life! These three ingredients combine to make a salty, spicy, slightly sweet and ever-so-luscious bowl of goodness that's SO good with fish.

If you're new to gochujang, you're in for a delicious surprise! It's a Korean chilli paste that packs a punch of flavour and colour - and you'll find it in small tubs in the Asian section of most supermarkets for just a few dollars. Once you've tried it, we know you'll start slipping it into all types of sauces, marinades and dressings - it's kind-of addictive. You'll find miso paste in the Asian section of the supermarket too.

Serve your masterpiece with plenty of fluffy Ghee Rice and a zingy mango salad or sautéed Asian greens on the side.

If you have any leftover fish, flake it and toss it through noodles or use it to top a lunch salad bowl.

SERVES: 4

TOTAL TIME: 25-30 MIN

EXPERIENCE: EASY



Roast Fish with Spicy Miso Ghee

INGREDIENTS

1.2-1.5kg whole sustainable fish, scaled and gutted - snapper, bream, rainbow trout, red emperor and leatherjackets all work well

3 Tablespoons OMGhee

2 Tablespoons white miso paste

2 Tablespoons gochujang paste

1 garlic clove, grated

2cm piece fresh ginger, grated

1 teaspoon maple syrup or honey

1-2 tablespoons fresh lemon juice

1 lemon - half thinly sliced; the other half cut in wedges

Roughly chopped fresh coriander and sliced spring onions, to serve



Tips, tricks and swaps can be found for this recipe [on our website.](#)





HOW TO

Take your fish out of the fridge about 30 minutes before you're ready to cook it so it comes to room temperature. Give it a gentle rinse inside and out, then pat dry with paper towel.

Meanwhile, make the marinade. Place the OMGhee, miso, gochujang, garlic, ginger and maple syrup or honey in a small saucepan. Cook over low-medium heat, whisking until the OMGhee is melted and everything is well combined. Whisk in 1 tablespoon of the lemon juice, taste, and decide whether you'd like the second tablespoon of lemon juice. Set aside to cool a little.

Preheat your oven to 210°C (190°C fan-forced). Line a large oven-to-table baking tray with compostable baking paper and place the fish on top. Cut three diagonal slits on each side of the fish, cutting through until you reach the backbone. This helps the fish to cook evenly and gives you some nice spots to rub in extra marinade.

Place half the marinade in a small bowl and give it another whisk (you'll serve the other half with the fish). Brush the marinade generously over both sides of the fish and into the slits. Rub about a tablespoon of the marinade inside the fish cavity and place the lemon slices inside.

Roast the fish for 20-35 minutes, depending on the size, until the flesh closest to the head flakes when you test it with a fork (individual fish like leatherjackets will only take about 15 minutes). If you're cooking a larger fish and it's threatening to burn, cover it with foil towards the end of cooking. Remove from the oven and leave to rest for 5 minutes.

Reheat the remaining marinade, whisking well to recombine. Brush a little over the cooked fish to make it glossy, and place the rest in a small serving bowl for people to spoon over at the table. Scatter the fish with fresh coriander and spring onion. Pop the lemon wedges on the side and take the baking tray to the table to great applause



Salmon + Asparagus

Salmon + Asparagus

This super easy Salmon and Asparagus Easter themed recipe will have you feeling good after any chocolate binge.

Any overindulgence in sugar can leave you with either a dull brain and sugar coma or floating in la la land with a super sugar high and a sketchy nervous system. Either way this recipe with its secret weapon - ghee - can support you and calm down that insulin regulator you've freaked out to get you back on track.

Ghee has grounding properties while at the same time perking up that sleepy sugar brain. Team it with Salmon, full of brain building Omegas, and you've got the perfect 'food as medicine' Easter pick me up to make like that chocolate binge never happened.

SERVES: 2

TOTAL TIME: 20 MIN

EXPERIENCE: EASY

INGREDIENTS

1/250g Salmon (skin on)
Small bunch of Asparagus
1 Tablespoon of OMGhee
Micro Herbs
Squeeze of Lemon Juice
Salt & Pepper
Pinch of #Joy, Love & Intention





HOW TO

Prepare your asparagus, by removing the tough part of the stalk (usually the bottom centimeter or so) - We're going to be leaving them whole for this recipe.

Bring your frying pan to high heat and add your OMGhee.

Ghee has a super high smoking point so you don't need to worry too much about how high the heat goes. (Don't burn the house down though!)

Add your Salmon to the pan skin side down. You're going to get the skin nice and crispy in the first part of this cook.

After 1 - 2 mins turn the heat down to medium and if your skin is crisp, turn your salmon and continue to cook until the fish is flakey and falls apart (or to your liking).

Remove Salmon and allow it to sit.

Turn the temperature up to high, add your asparagus to the pan and toss in the Salmon juice and ghee until heated through (about a minute).

And, it's a wratp - that's it.

Serve the salmon with the asparagus, throw some micro herbs on top to make it look pretty and up the vitamin intake. Squeeze some lemon, add salt and pepper to taste, and you're good to go.

Enjoy!

IMPROVES *digestion*

Ghee contains butyric acid with the cells of your small intestine love and is its preferred source of energy. It improves the quality of absorption by your small intestine and decreases the Acidic PH of your Gastrointestinal Tract

DECREASES *bad cholesterol*

Ghee is a rich source of Omega 3 fatty acids which decreases LDL cholesterol



STRONG *bones*

Ghee is rich in Vitamin K, which helps in calcium absorption. It helps in the prevention of tooth decay and prevents atherosclerosis..



Grounding Carmelised Peaches



Grounding Carmelised Peaches

OMGhee is perfect for desserts because of its undertones of caramel and butterscotch. This delicious family dessert of caramelised peaches are not only quick and easy, but they're also yummy, healthy and very grounding! Who said you can't mash those things into one?!

SERVES: 2

TOTAL TIME: 15 MIN

EXPERIENCE: EASY

INGREDIENTS

2 ripe and juicy organic peaches (or any other stone fruit you love)

1.5 tablespoons OMGhee

A good pinch of your favourite desert spice mix (such as cinnamon, nutmeg, cardamon, dried ginger)

Mint for garnish & a quick squeeze of a lemon to taste

HOW TO

Wash peaches, take out the seed and slice them into bite-sized slices (about 8 slices per peach).

Heat pan, add OMGhee, and once heated add the peaches and cook until the edges are caramelised.

Add your spice mix and continue to cook for another few minutes until golden.

Remove from heat and serve with mint, a quick squeeze of lemon to taste and your favourite topping such as yoghurt or ice-cream.



RELIEVES *constipation*

Kind of self-explanatory right?
According to renowned Ayurvedic
Doctor Vasant Lad "Taking 1 or 2
teaspoonfuls of ghee in a cup of
hot milk at bedtime is an effective
but gentle means of relieving
constipation"



BALANCES *hormones*

Ghee is a dependable source of
critical oil-soluble vitamins A and E
that are needed for a healthy liver,
balanced hormones, and fertility



KICK CONSTIPATION + INSOMINA TO THE CURB

If you're having trouble with constipation or insomnia, try taking this drink, in the evening, half an hour before bed. This natural bio-hack is brought to us by ancient Ayurvedic physicians and is specifically designed to work with your bodies circadian rhythm and to correct imbalances.

The result? A restful night's sleep and relief from constipation.

The healthy fat in ghee gives you a double whammy in benefits. Firstly, taking a health fat, such as ghee, before bed makes it less likely you'll experience disturbed sleep due to a drop on blood sugar. Secondly, ghee is a natural and gentle laxative, providing lubrication to the body and clearing the intestine passage

SERVING : 1/2 Cup

TIME : 5 Minutes

INGREDIENTS

1/2 cup of non homogenised milk
1/8 tsp of cinnamon, cardamon and nutmeg, rapadura sugar (or jaggery)

Feel like some extra nurturing? – add a thread of saffron. Saffron has antioxidants that boosts immunity and has anti-inflammatory and anti-fungal properties.

HOW TO

Place milk in a heavy based saucepan and just before it boils add the other ingredients.

Allow milk to froth then immediately remove it from the heat.

FOOD AS MEDICINE

As a simple and yum recipe & it's tempting to swap out spices, and to change it for your taste. Know that if you do, while it will still taste great, it won't work as intended.

Each ingredient is in specific quantities for a specific action to provide the medicinal qualities we seek. The only thing up for change is the level of Ghee – increase or decrease the amount depending on the level of constipation you are experiencing.



See it on
YouTube

BULLETPROOF COFFEE

Ghee and coffee - who would have thought it. Having coffee on an empty stomach can cause acidity but by adding pure ghee in a keto bullet proof coffee is it has the reverse effect and can offer soothing benefits to the gut.

Ghee is often considered to be one of the healthiest fats when eating a ketogenic diet. The keto diet focuses on foods high in fat, low in carbohydrates and high in proteins. Depending on where you read some have calorie restrictions others do not. However, back to ghee and your bulletproof coffee.

Bulletproof coffee have been the all time rage for sometime now for those on a ketogenic (keto) diet. This is because eating ghee will not bump you out of a fast, is a pure fat curbing your appetite, can speed up getting into ketosis and OMG it tastes so good.

There are lots of recipes for a bullet proof coffee despite its simplicity.

The formula is as follows -

Black coffee + clean, pure fat (OMGhee of course). Some choose MTC oil, others coconut oil. We believe the additional health benefits that come with ghee are a bonus plus it has plenty of other uses in the pantry as opposed to MCT oil.

HOW TO

1 Black coffee + 1/2-1 tsp of OMGhee (to taste)

Add it to a blender and whizz.

The fats will emulsify so what you are left with is a latte like coffee. To calm down the coffee jitters - but still keep the alertness coffee can bring, try adding some cardamom, cinnamon and nutmeg

+ GHEE ASSISTS IN WEIGHTLOSS

Ghee slows down glucose absorption and stops sugar spikes. Unlike butter, ghee consists of short chain fatty acids that are not stored as fat by the body.

According to dietician Shilpa Arora, ghee is one of the most preferred vehicles for oleation as it helps pull fat soluble toxins out of the cells and triggers fat metabolism, a process where the body kick-starts to burn its own fat for fuel.

STORING YOUR GHEE

THE SHELF LIFE OF PURE GHEE IS INDEFINITE IF STORED CORRECTLY.

For best results put it well-sealed, in a cool dark spot. Liken it to a cellared fine wine. You can store it for a long time and the flavour will change and develop over time.

In India ghee was often placed into clay containers and buried for future generations. 100-year-old ghee is used in spiritual practices and said to contain special properties. It is highly valued for its medicinal properties.



Once opened...

Once you have opened your Ghee you've now added air and moisture into the equation; and more often than not, a dirty utensil added in for good measure.

Once open the rules for storing your ghee change.

Consider your usage and what recipes you are making and how long it takes you to finish a jar.

You can choose to leave your opened jar of ghee out on the bench for easy access, or alternatively you can place it in the fridge; if you are an occasional user.

In a perfect scenario, a jar will last, opened for up to 3 months on your kitchen bench next to the olive oil.

However, if you're not cooking regularly with it, we suggest storing it in the fridge to extend the shelf life. Not because the nature of the ghee is to go off but more so because the use of a dirty utensil or unknown contaminants in the air cannot often be measured or controlled.

We never store it in the fridge however as we have no control of what happens in your household we liked to say it is wise to err on the side of caution.



SMOKE POINTS

of common fats and oils

255C

GHEE

Ghee has a whopping 255C smoke point making it the perfect healthy choice for high heat cooking and pan-frying

250C

BEEF TALLOW

Made by rendering beef fat down to a solid, stable fat.

250C

AVOCADO OIL

Liquid at room temperature and fairly neutral in taste it makes a great homemade mayonnaise

190C

CHICKEN AND DUCK FATS

Traditionally used in many style of cuisine, it has a moderate smoke point

190C

LARD

Made from rendering pig fat, lard is a long storage fat with a moderate smoke point. Good for baking.

176C

BUTTER AND COCONUT OIL

Butter and Coconut oil have the same smoke point, despite the myth coconut oil is higher. Best for low heat cooking.

204C

EXTRA VIRGIN OLIVE OIL

Extra virgin olive oil has a strong taste and low smoke point. It is ideal for serving raw over salads or drizzling on cooked foods





*"Some meditate...
& cook ghee"*

Meet the Maker

Lisa is a former workaholic turned Queen Ghee.

After years of playing by the rules and working in the corporate world, Lisa took the plunge and discovered the life-changing joy of making ghee, a healthier, guilt free alternative to her butter addiction.

This joy eventually became OMGhee, Australia's only biodynamic, organic ghee.

As its founder, Lisa has earned her Ghee Queen title by her passionate commitment to sharing and educating people on the incredible health benefits of ghee. For her, and the OMGhee brand,

"the cook is sacred"

And just like the butter surrenders itself to become a precious, golden ghee, Lisa is on a mission to remind anyone willing to listen that in surrendering there is great magic and joy to be found.

Lisa O



Follow us @OMGheeAustralia

Coming Soon

SOOTHES & HEALS SKIN

Ghee has cooling properties, is antimicrobial and an antioxidant. Being high in Vit A & E it is often applied topically for wounds, burns and rashes. It makes an amazing, luxurious moisturiser. If it drops on the your kitchen bench, lather your arms and hands with it; you won't regret it!

PURE GHEENIUS

Become your own Ghee King or Queen with the ultimate online school on all things ghee. Hours of quality content in a worlds first ghee school, designed for you to become your own comprehensive ghee conniseur and expert.

COMING SOON

STAY TUNED

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