

# NITER KIBBEH CLARIFIED BUTTER

F EASY

Last Modified: 05/10/2014

PREP: 15 Min  
COOK: 1 Hr  
STOVETOP

SAUCE-ETHIOPIAN

MAKES 1 CUP

QUA	MEASURE	INGREDIENT	PROCESS
1	Pound	Unsalted Butter	
1/4	Cup	Yellow Onion	Chopped
3	Tbsp	Fresh Garlic	Crushed
2	Tbsp	Fresh Ginger	Minced
2"	Piece	Stick Cinnamon	
1	Tsp	Whole Black Peppercorns	
3	BLACK	Cardamom Pods (Kolarima or False Cardamom)	
OK TO SUBSTITUTE : BUT NEVER-EVER-NEVER USE GREEN CARDAMOM			
3	Whole	Indian Black Cardamom Pods	
1	Tsp	Whole Black Peppercorns	
3	Whole	Cloves	
1	Tsp	Fenugreek Seeds	
1	Tsp	Coriander Seeds	
1	Tsp	Dried Oregano (NOT Mexican)	
1/2	Tsp	Cumin Seeds	
1/4	Tsp	Ground Nutmeg	
1/4	Tsp	Ground Nutmeg	
1/4	Tsp	Ground Turmeric	
1	Tbsp	Besobela (Ethiopian Sacred Basil - HARD To Find)	
1	Tbsp	Kosseret (Minty Sage-Like Plant)	

## PREPARATION

<b>FACTOID</b>	"Clarifying" is the process of removing water and Milk Solids from Butter, resulting in a clear yellow Butterfat that can be heated to a higher temperature without burning like whole Butter will. This is Ethiopian Spiced Clarified Butter which adds life and flavor to many, many dishes (Not just Ethiopian): Unbelievable Brussels Sprouts.
<b>FACTOID</b>	Drawn Butter is mostly used for eating (dipping Seafoods, etc.) while Clarified Butter is nearly always used for cooking (frying, etc.)
<b>HINTS</b>	You will lose approximately 25% of the volume of Butter you initially began with because of discarding the top layer (water foam) and the bottom layer (white milk solids). All you want to remain is the middle layer of clear yellow Butterfat.
<b>TOOLS</b>	1) Small Saucepan 2) Small Skillet 3) large Fine Wire Strainer 4) Fine Cheesecloth Square
<b>PREP</b>	None.
<b>1</b>	In a small skillet over medium heat, toast ALL of the dry spices listed above. Shake often and be careful not to scorch the spices because they will become bitter.

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<b>2</b>	In a small saucepan over low heat, melt the Butter. Add in all of the remaining ingredients and low simmer for at least 1 hour, but a maximum of 90 minutes. Stir every once in a while.
<b>CAUTION</b>	If the Butter burns at all, it is RUINED and cannot be salvaged - Start completely over.
<b>3</b>	Place a couple of layers of warm water dampened fine mesh Cheesecloth in a large steel mesh strainer over a mixing bowl. Slowly pour the HOT Niter Kibbeh into the Cheesecloth. There is no need to skim off the water foam or separate out the Butter Fat because, everything will be removed by the straining process. Pour the warm Niter Kibbeh into a jar you can seal. Discard the Cheesecloth & contents.
<b>4</b>	Once the Niter Kibbeh is at room temperature, you can seal the jar and refrigerate it for up to 3 months. It will keep at room temperature for several weeks.
<b>USE</b>	Use Niter Kibbeh to fry ANYTHING that tastes good cooked in Butter, Clarified Butters can take a much higher temperature WITHOUT burning.