



Why use ghee for cooking instead of butter

Ghee is a form of clarified butter. Regular butter contains milk solids, which implies to dairy-derived particles that contain lactose and casein. Buying Ghee in Australia has become a common practice. After all, ghee is delicious, and has a buttery flavor and texture. As milk solids are removed from ghee, it is a shelf stable product and does not require refrigeration. Ghee is also known to have a higher smoke point than butter, and many other types of cooking fats. Smoke point implies to the temperature at which oil begins to burn and smoke. As you cook with oil that is heated past its smoke point, you would be imparting a burnt flavor to your food items. Moreover, the advantageous phytochemicals and nutrients found in several unrefined oils are usually destroyed as the oil is overheated. Hence, people should try to buy [pure ghee in Australia](#), and use it instead of butter while cooking. Ghee is a perfect choice for high-heat cooking, and numerous people across the world are opting to use ghee instead of butter while cooking.

There are many people who are unable to digest casein, lactose or both. Casein allergies can be pretty serious. Allergic reactions to casein can be severe, as the body misidentifies it as a threat, prompting an immune system reaction that can cause swelling, hives, congestion, rash, coughing, wheezing, or potentially anaphylaxis. Meanwhile, others experience discomfort due to lactose, the milk sugar, showing symptoms such as bloating, gas, stomach pain, and diarrhea. All of these are common indicators of lactose intolerance. Due to the lack of lactose and casein in Ghee, it is a good idea to opt for ghee instead of butter. Ghee allows people to enjoy the texture and flavor of butter, without its irritants.

Ghee has a rich, nutty flavor that sets it apart from regular butter. During the clarification process, the milk solids in butter caramelize, imparting a distinctive taste and aroma to ghee. This nutty flavor enhances the overall taste of dishes and adds depth to both savory and sweet recipes.

Explore the web to find companies selling [Ghee in Sydney](#).