

A large white bowl filled with solid, white rendered lard is in the upper left. Below it, a metal tray contains several chunks of yellow fat being rendered, with a layer of white fat accumulating at the bottom. The background is a wooden surface.

Rendering Lard & Tallow

Ingredients:

- pork fat or beef fat (also called suet)

Instructions:

1. Cut the fat into small pieces, cutting them as small as you can (to help melt them quicker). Make sure the fat is cold (or even slightly frozen) and use a sharp knife to make cutting easier.
2. Now you have THREE options to render the fat into lard/tallow:
 - oven - choose a large lidded dutch oven or roaster over 225F heat
 - slow cooker - set slow cooker on low
 - stovetop - choose a stainless steel pot with a lid and set stovetop on low-medium setting (3-5)

How to Render Lard (Cont.)

3. Place pieces of fat into the cooking vessel and cover with a lid.

4. Heat over medium-low (stovetop), low (slow cooker), or around 225F (oven) until fat starts to melt (about 3 to 4 hours). Check the fat about every hour or so and stir if required. Once the fat has started to melt, check the temperature and stir the fat. Aim to keep the temperature below 225F. If the temperature starts getting close to this mark, adjust the heat of the stovetop, oven, or slow cooker accordingly. At this point, start checking the fat every 30 to 45 minutes.

5. There will be lots of small pieces of pork meat left unmelted. These are called "cracklings" (more about that later) and they will float to the top. You want to avoid boiling the fat or overcooking it as this will lead to a "meatier" flavour.

6. Strain your fat through a cheesecloth or clean thin tea towel lined metal strainer into another container. If the liquid that strains through isn't completely clear (it will be slightly yellow in colour but should be free of meat pieces), strain through the cheesecloth a second (and third time, if desired).

How to Render Lard (Cont.)

7. Transfer your fat to storage containers. Mason jars work great for lard storage (it will be soft enough to scoop out). Choose wide mouth jars for ease of getting the lard out of the jar. You can also transfer the fat to silicone butter molds to have them in 1/2 cup bars for baking or cooking. You may want to harden your tallow in a large metal baking dish, allow it to cool in the fridge or freezer (it will turn hard like soap), then cut it into pieces and store in a freezer bag. You can cut pieces off for cooking and making other items.

8. Storage tips: You can store the fat you will be using in the next few weeks at room temperature in a dark, cool cupboard (or even next to the stove. Any water or meat left in the fat can lead to mold but the pure fat has a pretty good shelf-life. Store any fat you won't be using in the next couple of months in the fridge or freezer until ready to use.

9. Those cracklings: Fry them up over low-medium heat until they puff up. Add salt & seasonings while they cook. Use them like bacon bits for salads or to top a soup or casserole.



Lard Candle Making

Making candles using rendered lard from pork fat is an amazing way to utilize more of the pig that could end up going to waste.

Lard candles are incredibly simple to make with only three ingredients (lard, beeswax, essential oils) plus a jar and a wick. After prepping your jar and wick, simply, melt, mix, and pour to create your candles.

Why lard candles are great:

- burn cleanly - lard melts easily with the flame and allows the candle to melt off the inside of the jar, unlike wax candles that can stick to the walls of the jar
- easy cleanup - at the end of burning the lard candle, the jars are super easy to clean as the lard will soften and melt with hot soapy water in the sink
- easy to scent - when using quality lard, you'll have little to no pork smell, making the lard easy to scent with essential oils; avoid fragrance oils as they can release VOCs (volatile organic compounds) which can be toxic or harmful
- all natural - no chemically created ingredients in these; most commercially available candles use paraffin wax which is a petroleum byproduct and release carcinogens (cancer causing agents) when burned

Ingredients:

- rendered pork lard
- beeswax
- essential oils

For every cup of lard you melt, add approximately 1/4 cup of beeswax. Beeswax will make the candle harder so that it isn't quite as soft at room temperature. This helps with storage and lengthens burn time slightly. Feel free to adjust your ratio of lard to beeswax as it suits you. Scent your candles with approximately 20 to 40 drops of essential oils per cup of lard.

Instructions:

- Start by melting lard & beeswax in a saucepan or double boiler until just combined. If your lard is hard to measure, you can melt the lard on its own, then pour into a large measuring vessel (this is what I did in the video). Then you can add the beeswax based on the ratio above. If using beeswax pellets, you can add them directly to the melted lard and they will melt in when stirred. If using a beeswax chunk, you may need to melt it before measuring it.
- Once lard & beeswax are melted, you will want to let them cool to a touchable temperature before adding the essential oils. Too much heat will cause the oils to evaporate and your candles will not end up scented.
- Prepare your jars & wicks while the lard mixture is cooling.
- Use a two-sided sticky dot or tape to stick the wick to the bottom of the jar, making sure to centre the wick in the jar.

Instructions (continued):

- Use two pencils and masking tape to "sandwich" the wick. Place the wick between the two pencils, centring the wick in the candle. Tape the two pencils together with masking tape to hold the wick in place.
- Once the lard mixture has cooled to a touchable temperature, add your essential oils and mix in.
- Add 20 to 40 drops of essential oils per cup of lard.
- Great essential oils for candles include: citrus scents (lemon, lime, orange, grapefruit, bergamot), spices/herbs (cinnamon, clove, nutmeg, mint), floral scents (ylang ylang, lavender), or earthy scents (pine, spruce, tea tree, eucalyptus).
- Use a funnel to pour the mixture into the jars, filling them to approximately 1/2 inch from the top.
- Set the candles in a location where they can sit undisturbed for 24 hours to set.
- After 24 hours, trim the wick to 1/4 inch before burning. You will want to trim the wick each time you burn the candle to ensure that the flame doesn't get too high.
- Store your candles in a cool, dark place with their lid on, if possible. Note that lard candles are softer than wax candles and can melt in sunshine or warmth. Make sure to store the candles upright. Having a lid on will keep the candle from getting dusty or from drying.

Essential oil combinations (per cup of lard)

20 drops lemon, 10 drops lime, 10 drops spearmint

lemon 20 drops, cinnamon 15 drops, clove 5 drops

grapefruit 20 drops, rosemary 15 drops, lavender
15 drops

20 drops spruce, 10 drops grapefruit, 5 drops
geranium, 5 drops tangerine or bergamot

lavender 15 drops, bergamot 10 drops, marjoram 4
drops, lemongrass 4 drops, geranium 2 drops,
frankincense 2 drops

lavender 20 drops, sage 10 drops, lemon 5 drops,
grapefruit 5 drops

clary sage 20 drops, peppermint 10 drops,
rosemary 10 drops



Making Tallow Balm

Ingredients:

- rendered beef tallow
- olive oil (or sunflower, avocado, or almond oil)
- essential oils for scent and/or aromatherapy (faves include lavender, tea tree oil, frankincense, citrus, lemongrass, bergamot)

The easiest way to make tallow balm is to measure your rendered tallow and then add the appropriate amount of oil based on how much tallow you have.

A good starter amount of tallow to use to make a usable amount of balm is about 1 cup of tallow.

You will use a ratio of 4:1 of tallow to oil. Feel free to adjust the ratio to a little less oil if you'd prefer a less runny tallow (down to 8:1 will work well).

For 1 cup of tallow, add 1/4 cup of olive oil.

If you are adding essential oils, you can add essential oils at a volume of approximately 6 to 8 drops per fluid ounce.

Directions:

Melt your tallow in a saucepan until JUST melted. Remove from heat. Pour into a glass, heat resistant measuring cup that is larger than the volume of tallow. Check the measurement of tallow.

Measure your olive oil (or alternate oil). Use 1/4 the volume of oil as tallow (ie. 1/4 cup oil for every one cup of tallow or 1 ounce oil for every 4 ounces of tallow).

Add oil to the tallow and stir to combine.

If adding essential oils, set the mixture aside to cool to between 90 and 110 F. If you add your essential oils while the mixture is hot, the oils will evaporate.

Add approximately 6 to 10 drops per fluid ounce (30 mL).



Directions (cont):

Stir in your essential oils. Pour mixture into clean jars with air-tight lids.

Store your balms in a cool, dark place for 6 months to a year.

If you want whipped tallow balm, cool your tallow balm completely in the bowl, then whip it with an immersion blender.

Example:

- 1 cup tallow
- 1/4 cup oil

Add these together to get the total fluid = 1 & 1/4 cups or approximately 310 mL or just over 10 fluid ounces. Add 6 to 10 drops per ounce = 60 to 100 drops.

Great ways to use tallow balm:

- dry hands & feet (winter dryness or summer garden)
- chapped lips
- chapped cheeks
- baby bums



Oven Fries with Lard

Ingredients

2 lbs potatoes, peeled or cleaned

3 to 5 tablespoons of lard (you can eyeball this since lard is too hard to measure)

flake salt, pepper, & seasonings of your choice (add at the end)

Directions

1. Preheat the oven to 450F.
2. Cut your potatoes in long slender fries. Alternately, cut your potatoes into thin wedges (your choice).
3. Place your fries in a single layer on a large baking sheet (or two) making sure the fries have lots of room to breathe!
4. Using a couple of spoons, scoop small pieces of lard and distribute them around the pan as evenly as possible.
5. Place in the oven and heat for 10 to 15 minutes until the lard is melted. Pull the pan out of the oven and shake the fries around to distribute the lard to all the fries.
6. Cook for 20 to 25 minutes, then use a metal lifter to scrape the fries off the bottom of the pan.
7. Cook for an additional 20 to 25 minutes. The fries will likely be almost done at this point, but depending on the size of the fries and how crispy you like them, pop the fries back in the oven for another 10 to 20 minutes, checking the fries every 5 minutes or so.
8. Pull the fries out of the oven. Add salt & pepper and your choice of seasoning at this point. Adding salt & other seasoning while the fries cook can impact the crispiness of the fries. Plus, the seasonings will stick perfectly on the freshly cooked fries! Try rosemary, garlic powder, parmesan, dill, thyme, or paprika for a fun twist.
9. Substitute tallow (purified beef fat) as an alternate. Both make the crispiest of fries!
10. Enjoy!



Flaky Lard Pastry

Ingredients:

- 3 cups flour
- 1 teaspoon salt
- 140 grams lard (solid lard is hard to measure by volume!)
- 112 gram cold butter (1/2 cup)
- 8 to 10 tablespoons cold water

Instructions::

Mix flour and salt in a large bowl. Add cold butter & lard and "cut" into the flour mixture. This can be done with a pastry cutter tool or get in their with your hands. You want to break the cold butter and lard into tiny pieces coated in the flour mixture so that when the water is added, there aren't any big chunks of butter or lard remaining.

Add 8 tablespoons of cold water. Using your hands, mix the water in and continue to mix until you have a smooth ball of pastry. Cut the pastry into two even pieces and form each into a ball. Flatten the ball into a disc, wrap it in plastic wrap or a zippered plastic bag, and tuck into the fridge to chill while you make the filling, or for at least a 1/2 hour.

This recipe makes enough pastry for two pies or one pie with top & bottom crust.



USING LARD OR TALLOW

HOMEMADE DONUT HOLES

Ingredients:

- 2 cups all purpose flour
- 1/4 cup white sugar
- 1 1/2 tablespoons baking powder
- 1/2 teaspoon salt
- 1 egg
- 1 cup milk
- 1 teaspoon vanilla
- 1/4 cup melted butter
- lard or tallow for frying
- 1/2 cup white sugar mixed with 1/2 teaspoon of cinnamon for topping

Instructions:

1. Add lard or tallow to the bottom of a heavy bottomed dutch oven or cast iron pan. Melt over medium heat and fill to about 2 inches full. Heat melted lard/tallow to 350F and adjust setting to maintain this temperature.
2. Line a cookie sheet with paper towels and top with a cooling rack.
3. In a large mixing bowl, mix flour, sugar, baking powder, and salt. In a medium bowl, mix egg, milk, and vanilla.
4. Mix wet ingredients into dry ingredients until mixed. Pour melted butter over mixture and fold in.
5. Using a cookie scoop, scoop up dough and drop into the hot oil, being careful to drop the batter from just above the oil to prevent splashing. Cook for about 2 minutes per side, until nicely browned.
6. Use a slotted spoon to remove cooked donuts from lard/tallow and transfer them to prepared cooling rack.
7. Dip warm donuts into the cinnamon-sugar mixture while the donuts are still hot.
8. Let cool before enjoying these tasty little critters!