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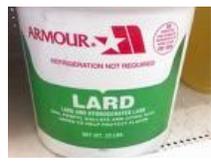
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Make your own lard

April 26th, 2009 by M.D. Creekmore in Food



Lard has gotten a lot of bad press over the years from health nuts who say it will kill you. There are conflicting reports dealing with the health effects of using lard for cooking, and to tell you the truth, I don't know which to believe. For the first half of the twentieth century, lard was America's premier frying grease, but now vegetable oils and shortenings have replaced common lard as the grease of choice.

My grandmother always used lard. She would buy the stuff in the 25lb plastic tub and use it for just about everything. And boy could she cook. Money was always tight, and everything that could be reused, was; lard was no exception. She would take the lard, after use and still hot from the heat of the stove and pour it into a large mason jar. After it cooled it would reset to a thick white goo, ready to be used in cooking the next meal.

Due to a limited shelf life it becomes nearly impossible to store an indefinite amount of lard or other cooking oils. At some point the pantry will run dry and the need to resupply will become imminent. But the shelves at the local food mart will have been emptied within hours of the first signs of trouble, conventional sources of resupply will no longer be available, so we must look for alternate solutions.

Melting Animal Fat

Melting animal fat is called rendering and it's really a simple process, albeit it is a dirty job. The most common animal fats used are those of pig and cow which is called tallow. But other fats can be used in a pinch. Bear, sheep, goat, beaver, opossum, raccoon and groundhog. I have used groundhog and it's quit good with a slight gamy taste.

Cut the fat into small pieces about an inch square, and put into a pot adding about an inch of water and cook over a low to medium heat, get it to hot and it will burn. This can be done outside using a Dutch oven or other good sized pot. Gradually add the pieces of fat to the pot, stirring to keep the fat from burning.

Most of the fat will turn into a liquid, look for the small solid particles and dip them out they are called cracklings and are great mixed with gravy. Allow the rendering to cool for about five minutes and strain through a clean cloth, storing in a sealed container. Mason jars work well for this. I hope this helps solve the cooking grease resupply problem after tshtf. If nothing else it should generate discourse.

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One Response to "Make your own lard"

Anonymous
December 27th, 2009 at 5:28 PM

Yeah! LARD all the way baby!
The doctors (HA!) want to keep everyone on their useless pill diet that is guaranteed NOT to cure you!

LARD and butter only! My dad lived to be 94 cooking everything using LARD and NEVER went to a useless doctor!! Stop being brainwashed. The only healthy fat is saturated, like lard, coconut, etc.

Everyone, stay the hell away from Canola oil it is proven to be genetically modified garbage and will clog your arteries in 10 years or less!

Why are doctors pushing canola oil and other "healthy oils"? So you'll be perpetually sick and a slave to the health care system that will NEVER CURE YOU!

Think about this...if they actually FOUND a cure for cancer then they would lose their "cash cow donation campaign" and they would all lose their jobs! Then have to go find a real job! They have cancer cures but we'll never see them!

Great blog man!!

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