

# HOMEMADE LARD

## Ingredients:

Stryker Farm pork fatback

The following is a method of rendering pork fat into usable lard. The word “lard” probably strikes fear into the hearts of health-conscientious Americans. However, lard is a perfectly natural and healthful (gasp) monounsaturated form of fat. Lard is actually full of fat soluble vitamin D when it comes from pigs raised outdoors in plenty of sunshine (just like the ones at Stryker). And if you’re on any form of paleo diet, rendering your own lard from hormone free pigs is a must!

## Instructions:

1. Simply cut up the fat back into cubes. Heat it over a low heat in a heavy bottomed pot until the fat has melted, and all that remains are the golden “cracklins”, which won’t melt.
2. Use a cheesecloth or a jelly bag, shown, to strain the cracklin’s from the hot rendered fat into a non-reactive container, such as a mason jar. Let the fat cool to room temperature. That’s it! You can refrigerate the lard for a month or freeze it for up to a year. Use lard as a replacement to butter or olive oil when cooking. It also makes tremendous pie crusts and biscuits.
3. This type of lard will retain a bit of a porky odor and flavor, so it’s best used for sauteing and frying. If you want some lard to made a rockin’ pastry dough, you’ll want to use leaf lard. You can buy it ready made [here!](#)