



Fat Rendering

3-4 kg (or as much as you can get) fat from beef or lamb from the butcher (this is the fatty tissue usually found around the organs of the animal internally)

¼ cup water (this is optional, when used it's referred to as wet rendering. If you don't put it in then it's called dry rendering)

Slow Cooker (this is my preferred method as it's a simple put in, turn on low and walk away for a few hours and doesn't need to be monitored apart from the odd stir every hour or so)

It doesn't matter to the end result whether you wet render or dry render, generally it can be good to add the water to avoid the fat burning, I've done it both ways in my slow cooker and not noticed any difference in the end result.

Preparation of the fat:

Cut off all of the flesh or muscle meat from the fat and discard and cut the fat into small pieces, it does take awhile but the smaller pieces are better. Fill the slow cooker with the fat and add the water (if you're going to wet render), otherwise skip the water and put the lid on.

Put the slow cooker on low and leave it for about 5-7 hours stirring from time to time. You'll notice clear fat will start to render out of the fatty tissue, this is what we're ultimately looking for.

You'll know when it's finished rendering when you see dry looking browned fatty cracklings floating around in a bath of clear fat. Strain this fat into a large stainless steel bowl through a fine mesh strainer and some cheesecloth to keep the end result as pure as possible.

Discard the browned cracklings if you want (alternately you can actually keep them and use for a crunchy snack later if you like).

To store the fat I use airtight jars and generally I put a metal spoon in each jar as I slowly ladle the fat in as the spoon will absorb some of the heat and stop your jars from cracking.

You can leave the fat to sit in the stainless steel bowl for a few minutes to cool slightly but you don't want it to cool too much because it will solidify as it cools.