



★ **The Fat Kitchen: How to Render, Cure & Cook with Lard, Tallow & Poultry Fat**

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The Fat Kitchen will give industrious home cooks a new appreciation for fat.

The low-fat trend is a thing of the past, and this book revives appreciation for the once-villainized nutrient that's much more balanced, healthy, and flavorful than bingeing on fast-food fries. The book shows the potential of high-quality fats from pasture-raised animals, which add flavor and nutrition (yes, nutrition!) to food, harnessing an approach that holds high both flavor and moderation.

First, the book explores the science of fats, explaining how designations of "good" and "bad" fats don't fully show the benefits or detriments of various forms. For example, most fat sources are a mix of saturated and unsaturated fats, and how an oil is processed affects the nutrients it contains.

Next, the book shows how to render fats for cooking use, including lard (pork fat), tallow (the rendered fat from the around the kidneys of cows, lambs, and goats), and poultry fat. This is the most vital and ambitious part of the book. Finally, the book contains a wealth of recipes, organized by category (snacks, main dishes, sides, desserts, and basics), each with a quick and inviting introduction, the yield, ingredients, and step-by-step instructions. Parmesan-Rosemary Crackers, Spicy and Extra-Crunchy Southern Fried Chicken, Bacony Roasted Brussels Sprouts, and Duck Fat-Caramelized Apple Tart—what's not to love?

The photos show the artistry and animal reality of the process of rendering fat, and the recipe photos are mouthwatering and beautiful. Sidebars give handy kitchen tips and in-depth background information about animals and food production.

The Fat Kitchen offers the skills and recipes to harness the flavor and health of fats.

MELISSA WUSKE (November/December 2018)

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