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Seasoning with lard (Read 868 times)

Mary Kennedy

WAGS member

★★★★★

Posts: 591

Seasoning with lard

Jun 28th, 2011, 12:16am

Good evening,

I was thinking of doing some seasoning with lard. Can those of you who use lard or know about it let me know if it matters whether I use leaf lard or fatback? And are there any pitfalls with using it?

Thanks, Mary

Sam Roberts

WAGS member

★★★★★

Posts: 3672

Re: Seasoning with lard

Reply #1 - Jun 28th, 2011, 1:00am

I was doing some reading on rendering fat, but forgot what it said. Perry might help you with that. As far as using it to season a pan, works good. The biggest disadvantage is you can't really use it on a display piece because they will, if not used often go rancid on you and you have to start the seasoning process all over again.

C. Perry Rapier

WAGS member

★★★★★

Posts: 23581

Re: Seasoning with lard

Reply #2 - Jun 28th, 2011, 1:09am

Sam is right here about the lard. It works great to season cast iron that you are going to use regularly. In reply to your answer about if it makes a difference if its leaf lard or back fat, no, it makes no difference at all. In fact when you make lard, most folks just put the leaf lard in with the rest anyway. And as lean as hogs are anymore its hard to get lard, so the price is sky high. But when you make lard you use the fat wherever you can get it from, 'backfat' is a buzzword that sounds good, but in reality the fat comes from not only the back, but from the hams, shoulders, and all the trimmings. Hope that helps. 😊

Mary Kennedy

WAGS member

★★★★★

Posts: 591

Re: Seasoning with lard

Reply #3 - Jun 28th, 2011, 1:30am

Thanks Guys.

Perry, I found a local pork farmer that comes in to our farmer's markets that can get me leaf lard. They said its not something they stock, but it can be ordered. They are giving it to me for \$2 per pound, I have to render it of course. So, how often would I have to use a skillet to stave off rancidity?

Mary

Sam Roberts

WAGS member

★★★★★

Posts: 3672

Re: Seasoning with lard

Reply #4 - Jun 28th, 2011, 1:42am

I really don't believe there is any "set" time for a pan to go rancid. It depends on different conditions like temp, and air circulation. Even with the best conditions, this is just a guess, weekly???

C. Perry Rapier

WAGS member

★★★★★

Posts: 23581

Re: Seasoning with lard

Reply #5 - Jun 28th, 2011, 1:49am

Mary, if it was me, I would not give 2 dollars a pound for green lard, then have to cook it and make the lard. If it was me, and I wanted good lard, I'd just buy good lard. BUT, now having said this, I know you Canadians like to do everything 'your way'. I say that Mary, in jest, because there is a WAGS member on here from Canada, and he makes his own lard, using leaf lard (fat). Lets see, where was I at? Yes, but if you want to make the lard yourself, thats fine, go for it. 😊

Now as far as how often you would have to use that pan to keep it from going rancid, I don't know, it depends on what the temperature in the house is. But, just guessing, I'd say a few days. BUT, it really ain't no big deal if it does go rancid, just wash it out with some good water, and reseason it. Your nose will tell you when it gets rancid. Also to help clean it, if it does go rancid, heat it up on a burner and wipe it out with a paper towel, then wash it like I said.

Thems my thoughts Mary. Good luck. 😊

Mary Kennedy

WAGS member

★★★★★

Posts: 591

Re: Seasoning with lard

Reply #6 - Jun 28th, 2011, 11:33am

Thanks for your comments Sam, did you change your Avatar?

Well those sound like good thoughts to me Perry! If it is just a matter of washing it out with water and reseasoning it (instead of stripping it), then that's fine, not a big undertaking. But, could I cook with some other vegetable oils in the same pan with no problem or would I always have to cook with lard, does it matter?

As for the lard - the only other choice I have found is buying lard off the supermarket shelves and it is hydrogenated (which I don't want). In fact unhydrogenated lard is hard to come by here. I don't know anyone who uses it or would render it or would use it in their cooking - based on the old "health" information. But some reading I have been doing is saying it's actually healthier than butter. Anyway - you Americans are a lucky bunch in some ways - lots of product choice, good prices and I am sure you could probably find "good lard" around there and not have to render it yourself.

Mary

Sam Roberts

WAGS member

★★★★★

Posts: 3672

Re: Seasoning with lard

Reply #7 - Jun 28th, 2011, 12:10pm

Yes I think I finally got it changed. That picture was taken while I was still in the Navy over 20 years ago.

Once a pan is seasoned you may use any type of oil/shortening/lard..

Mary Kennedy

WAGS member

★★★★★

Posts: 591

Re: Seasoning with lard

Reply #8 - Jun 28th, 2011, 12:47pm

Thanks for the info Sam.

Pretty spiffy picture.

Sam Roberts

WAGS member

★★★★★

Posts: 3672

Re: Seasoning with lard

Reply #9 - Jun 28th, 2011, 1:17pm

What happened?

