

Several Topics Lard Cooking Grass fed from the Snake River Farm

From: Tom Barthel
Sent: Wednesday, February 06, 2013 7:04 PM
To: Tom Barthel (snakeriverfarmer@gmail.com)
Subject: Several Topics from the Snake River Farm

Dear Friends, Neighbors and Customers

Lard Rendering, Soap making, Bobsledding Saturday, February 9 and 23.

We have had a number of little snowfalls over the past week or so that have kept everything glistening white and wintery.

Just beautiful.

Sorry if that same weather gives you driving problems, but bobsledding should be grand on Saturday.

Sarah made a big batch of **Crackling Cookies** using the recipe I sent you last week.

They turned out great. She will have some for you on Saturday.

Of course, you can take some cracklings home and make your own.

If you are bringing your lard to render, try to remember to thaw it. That probably takes about two days in a cool place.

Bring jars. Clean is best but if not, we will wash them and use them next time.

I should have plenty of lids.

Wide mouth jars are best but any good fruit or canning jar will get used.

About Cooking Grass-fed Meat

I have received feedback from many dozens of you since I raised the issue a few weeks ago.

Clearly, most of you are doing a good job of not overcooking.

Lots of you wrote me just to reassure me that you were getting great results. That was kind. Thank you.

Nevertheless, I know some of you are still having difficulty. I got a call from a customer last week who had just overdone a roast.

Overcooking is not hard to do. I have done it myself.

I understand this is repetitive but please consider the following.

- *When cooking a roast, reduce the oven temperature and check the meat long before you expect it to be done.
 - * The interior should be pink and moist when removed from heat.
 - * These lean meats, including our pork will cook one more level AFTER you remove them from the heat. For medium rare, which is best, stop at rare.
 - *Use a meat thermometer. The new thermometers are easy to use and cost less than \$10.
 - *Interior temperature should be 140 degrees. Even for pork. The USDA recommends not exceeding 145 degrees and that is with commercial meat.
 - * Have your steaks and chops cut thick. An inch or more. Thicker is easier to not overcook.
 - *Marinate all cuts if you can, even pork.
 - * Use a timer for steaks. Gail grills two minutes, each side at high heat, then reduces to low-medium for four or five minutes.
 - * Get used to serving pork with a pink interior, just like a fine beef steak or roast. It is delicious and tender.
- *Once you developed a technique that gives you the results you want, it will become easy. It will be repeatable.

Passing a Semi in the Cumberland Mountains

In January, Gail and I drove to south Florida to visit kids and grandkids.

I enjoy driving across the US and Gail is a delightful passenger.

Almost always.

We make the trip each winter. There are limitless routes from here to there.

This year on the way down we drove through the Cumberland Mountains of eastern Kentucky.

It snowed a few inches which is quite unusual in Kentucky.

The drivers, including the semi drivers were not well experienced in snow.

We had several lengthy delays when jack-knifed trucks closed the highway.

As we restarted after the longest delay, it was already dark and we were far from our intended motel.

I was passing a semi on the four-lane.

The speed limit was 70. I was going a bit over that.

The trucker had all his flashers blinking so I passed him cautiously.

As I got past the truck I remarked, "I wonder why he had his emergency flashers on at 72".

It was quiet for a bit and then Gail said, "Well, maybe he is a deaf old farmer and his wife is not along to tell him his blinkers are on."

We had a great trip.

Best regards.

Tom

p.s. Many of you have placed your **2013 orders**. Thank you.

If you have not, please do so.

You can always change or cancel.

Getting a good grip on numbers before spring helps us a lot.

If you have questions. Ask