

A large, stylized white apple logo is centered on the yellow background. The apple has a simple stem and leaf at the top. The word "LARD" is printed in large, white, serif capital letters across the middle of the apple's body.

All about

LARD

by Marie Gifford

ARMOUR AND COMPANY



All about Lard

With the wide variety of shortenings available on the market today the woman who buys is faced with the problem of choosing between them. Each of the general types, i.e. butter, oleomargarine, oils, hydrogenated vegetable or animal fats, blended shortenings, and lard, have special qualities which make them particularly adaptable to one use or another in cookery.

We have not attempted to cover the qualities of all shortenings in this booklet, but have confined our story to Lard, the natural shortening which held the spotlight of favor in grandmother's and great-grandmother's day, and which is making its "comeback" as a result of interesting scientific discoveries of its high nutritive value and shortening properties.



ECONOMIC IMPORTANCE OF LARD

Every year there are raised in our great U. S. some 45 million or more hogs (62 million in 1933, 42 million in 1936, and 44½ million in 1938). These are marketed to the consuming public as hams, bacon, fresh pork sausage and lard. Over 15% of the hog goes into the lard pail. Lard production amounts to approximately 1.6 billion lbs. (average) each year before processing, or approximately 1 billion after tanking and rendering. This is the figure for lard manufacture by packers from Government Inspected hogs. There is another sizable figure of about ½ billion lbs. yearly produced in home rendering on farms and used or sold in local districts only.

During the last ten years, the home use of lard has decreased sharply, due to less home baking and the competition of other short-enings. Exports of lard have also declined sharply.

Production has not declined however. It is, in fact, increasing for 1939. This fact is of vital importance to the whole agricultural mid-west (the food producing center of the United States) since overproduction forces the price to low levels and means a limitation of income for the farmer.

Better and wider use of lard, then, becomes an important matter, of interest to the farmer, the teacher and the consumer as

an economic problem in better utilization of American products.

PROCESSING OF LARD

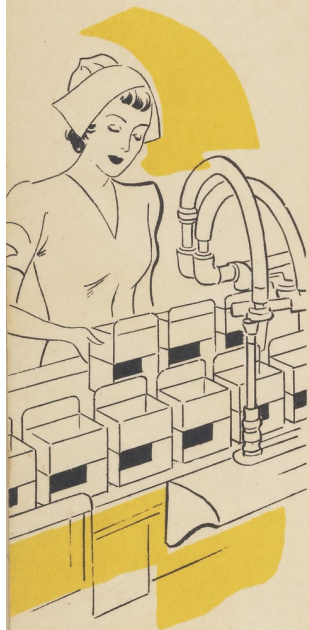
The processing of lard is a simple procedure, following closely the original home method of melting or rendering the fat from the chopped or ground fatty tissues which are removed from the hog during the dressing. This may be done in (2) ways (by steam or dry heat) and results in (2) types of lard.

1. STEAM-RENDERED LARD: Armour's Star Lard is a steam-rendered lard. Selected clear fats from the hog carcass are *rendered* by chopping them and melting out the liquid lard in the presence of live steam at 240-280° F. This is done in large, closed rendering tanks.

The liquid lard is now *clarified* with activated carbon to remove color, moisture and excess flavor.

FILTRATION through a whole battery of canvas filters follows the clarification.

CHILLING is done to partially solidify the lard. The liquid fat comes from the filters to huge steel rolls refrigerated to exact temperatures. The speed with which chilling is accomplished determines whether the lard is smooth or grainy. Slow cooling produces grainy lard; rapid cooling a smooth, more plastic lard. There is no difference in shortening qualities in smooth or grainy lard and preference for one or the other is purely a matter of habit in its use.



TEXTURATION: This is an added step in lard processing patented by Armour and Company and used exclusively by them. It is a mechanical process which so finely divides the fat globules and distributes the tiny air bubbles that the lard is doubly smooth and creamy and blends in extra short time into the dough or batter.

PACKAGING: The semisolid lard is now run into pails or parchment lined cartons. The filling machine is an automatic device which weighs the product into the container. Extra precaution is taken to re-weigh every container before it is closed. Packaged lard is now ready for chilling and shipping. A feature of STAR LARD that has been developed as a time saver for the consumer is the self-measuring carton which is perforated for cutting off the desired amount. One cup, one-half cup, or one-fourth of a cup can be accurately measured with a knife, cut off and rolled from the paper without the usual handling and muss.

2. KETTLE-RENDERED LEAF LARD:

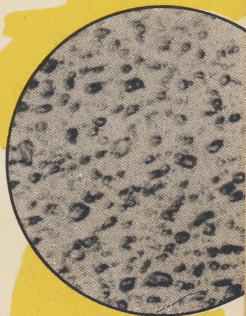
Armour's Simon-Pure—100% Leaf Lard is an open-kettle-rendered lard.

For this extra quality lard, only the fine leaf fat which lies around the kidneys is used. The quantity of this leaf fat from each animal is very small. Pure leaf lard has an especially sweet, bland flavor and is slightly firmer under a wide range of temperatures. For these reasons it usually sells for a slightly higher price than steam-rendered lard.

The leaf fat is chopped, then rendered in an open kettle without steam. The kettles are steam jacketed to maintain an even and controlled heat,



Ordinary Lard



Armour's Texturated Lard

but no steam touches the fat. Temperatures used are some 40° lower than for steam-rendered lard and the resulting lard is firmer, more grainy, creamy in color and has a characteristic kettle-rendered flavor much desired by cooks.

Simon-Pure Leaf Lard is not clarified but is filtered the same as STAR LARD, then chilled and packaged as described above.

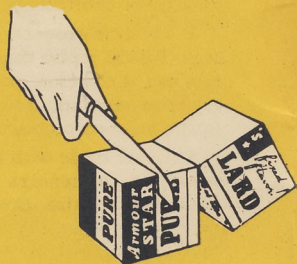
CONTROL OF QUALITY

Control of quality is a point on which the manufacturer of packaged, branded lard prides himself. Bulk lard, scooped out of a tub with wooden paddle, may or may not be acceptable.

Armour branded packaged lards are all made from Government Inspected hogs under methods and conditions approved by the Bureau of Animal Industry. This includes inspection of product, hogs, packing house and processing rooms.

Because large manufacturers have so much fat from which to choose, only the finest quality goes into their top grades. Differences in the raw fats materially affect flavor. It is only by proper choice and blending that uniformity results.

Every step in the processing is controlled for time, temperature and method so that the resulting product is definitely standardized for high quality.



ADVANTAGES OF LARD IN COOKING

Lard is used mainly as a shortening but is also used as a frying medium. It has several advantages over other similar fats.

1. Lard is highly economical, partly because its retail cost is usually lower than other fats of similar quality and also because it actually goes farther in cooking, due to superior shortening power.

2. Lard has higher shortening power than any other plastic fat. This fact has been proved conclusively by wide experimentation in many college and university laboratories and in the laboratories of the Institute of American Meat Packers. Tests on shortening power in cookies and pastries, measured by the shortometer, have been made by Fisher,¹ Davis,² Platt³ and Fleming, and Lowe,⁴ and all agree on this fact. "Shortening power" is described as the "ability of fat to make a product more tender so that it breaks or crushes more readily." For products in which the shortness is important, like pastry, cookies, biscuits, etc., lard is unexcelled.

3. Lard is easily workable or plastic at a wider range of temperatures than other shortenings. This makes it an easy fat to work with.

4. In some products the flavor of sweet, fresh lard is a definite advantage. Bakers report that it gives better flavor to yeast breads than bland fats and is therefore preferred. Many doughnut shops and fried chicken establishments use lard exclusively for frying because of the added flavor in the finished product.

5. Cakes made with lard appear to keep moist longer than cakes made with other shortenings. This work is reported by the Institute of American Meat Packers after extensive tests.

ADVANTAGES OF LARD IN THE DIET

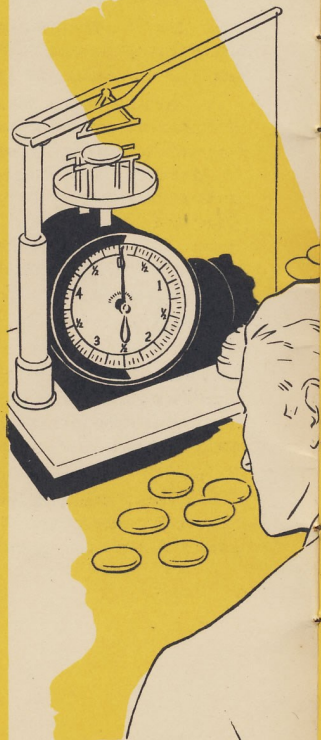
Lard has three qualities which recommend it highly as an ingredient in the daily diet.

1. Lard is highly digestible, a fact contrary to the popular notion. It ranks with butter as 97% digestible, in contrast to 93.8% digestibility for hydrogenated vegetable fats. These figures are from C. F. Langworthy, Ind. and Eng. Chem. 15:276.

2. Lard is high in food value, as are all fats, yielding 4080 calories per pound or 9 calories per gram. Lard is 100% fat, contains no water.

3. Lard has recently been shown to contain some of the essential fatty acids which cannot be manufactured by the body and are essential to growth and health. The University of Minnesota has reported these studies. They have also found lard, because of the presence of certain unsaturated fatty acids, to be a cure for some skin conditions, including infantile eczema. Babies with this condition were cured when fed warm lard.

Hydrogenation, which saturates these fatty acids in the processing, destroys this nutritive quality.



KEEPING QUALITY

Good quality lard will keep well over a long period of time. It must be remembered, however, that lard, being a natural fat, has some free fatty acid, and on prolonged exposure to warmth and air, tends to develop rancidity. Rancidity can easily be detected by odor and flavor. Best keeping conditions include refrigeration, a closed package, and an opaque package which excludes light. All fats tend to absorb other food odors. This is another reason for keeping lard well wrapped.





Cooking with Lard

PASTRY:

Qualities considered for perfection in pastry include richness of flavor, tenderness, crispness and flakiness. These properties are better achieved with lard than with any other shortening. It is therefore recommended as the first choice of fats for pastry.

Flakiness, that term which describes the texture of pastry as thin layers of fat and flour with air spaces between, is highly desirable. When broken the pastry breaks crisply but easily into tender flakes which melt in the mouth. Other shortenings may give tender, mealy pastry, but only lard gives this flaky quality.

STANDARD PASTRY RECIPE

For 3 single crusts, or 1 double and 1 single crust pie:

3 cups all-purpose flour
1½ teaspoons salt
1 cup Star Lard or Simon-Pure
Lard (½ lb.)
8-9 tablespoons ice water

METHOD:

1. Sift flour onto paper or into bowl. Measure, place in sifter.
2. Add the salt to flour and sift into large bowl.
3. Cut the lard to measure, or measure in measuring cup, and add to flour.
4. With 2 knives held upright in the hands, or with pastry blender, cut the lard into the flour until the mixture looks like very coarse corn meal.
5. Measure the water and start adding it, a few drops at a time, to the dry mixture, blending it in with one of the knives. Add just enough water to make the dry material hold together when pressed together with the knife. Flours vary in their absorption and may require slightly less or more than the specified amount of water.
6. Chill the dough before rolling.



7. Divide into single crusts, shape into flat ball and roll out on lightly floured board, with a light, even pressure, turning the dough around and over to prevent sticking and to keep it circular. When the circle is approximately 1 inch wider than the pan on all sides it is ready for the pan.
8. Fold the dough once, and lift onto pan with fold in center; unfold and press into pan, leaving extra edge on crust.
9. Add filling, and top crust.
10. For top crust, roll out, fold once and cut several gashes in it to allow escape of steam. Place on top of pie, unfold. With palms of hands press the dough firmly against edges of pan all around and extra crust will fall off. Crimp edges with forefinger and thumb to flute it or press together with the tines of a fork.
11. Bake pastry as follows:
 - (a) For single crusts, without filling, shape over back of pan to prevent crust from getting out of shape. Prick liberally and bake in 450° F. oven for 10-12 minutes.
 - (b) For double-crust pies, uncooked filling, bake in 425° F. oven for 15 minutes to set crust, then at 350° F. for additional 25-30 minutes to cook filling.
 - (c) For double-crust pies, cooked filling, bake at 425° F. for 25-30 minutes or until evenly browned.

Variations in Pastry for Interesting Results

1. ORANGE PASTRY: Use orange juice in place of water and add 1½ tablespoons grated peel. Good under cream pies, or mince pies.
2. SPICED PASTRY: Add 1½ teaspoons cinnamon or cinnamon and allspice to pastry recipe, along with ½ cup sugar. Bake in small circles, squares or in tiny sticks to serve with tea or hot chocolate.
3. HAM STICKS OR CHEESE STICKS: After regular pastry is rolled out, spread with deviled ham spread or grated cheese, fold, re-roll, and repeat one more time. Cut in tiny sticks and bake like single-crust pies for service with salads.

4. CIRCLE TARTS: Cut pastry with fluted cookie cutter and bake. Stack 2 or 3 together with apple butter between and top with a bit of whipped cream. Nice for the tea party.

5. ICE CREAM PIES: Fill small tart shells with partly softened ice cream and replace in the freezing compartment of refrigerator until re-frozen.

Some Words to the Wise on Pastry Making

1. All-purpose flour is generally used. Pastry or cake flour, however, gives a mealier crust and is amateur proof against toughness.

2. Don't guess on ingredient measure. Too much water is the greatest fault of pastry makers.

3. Make up pastry for more than 1 pie at a time. It saves so much time. The moist dough will keep a week successfully. Another idea of value is to make up a double recipe (6 single or 2 double and 2 single crusts) at once, but leave out the water. This dry mixture can be stored in the refrigerator for 2 to 3 weeks and be used as needed. Measure 2½ cups dry mixture for a 2-crust pie, or 1½ cups for a single-crust pie. Add water as needed.

4. A pastry canvas and a knit "shirt" for the rolling pin are excellent insurance against sticking. These are available at housewares departments.

5. Don't work the dough any more than absolutely necessary. It is sure to be tough, since the gluten in the flour is developed.

6. To prevent a soaked lower crust, try one of these methods: (1) sprinkle lower crust with flour before adding filling, (2) sprinkle lower crust with minute tapioca; (3) brush lower crust with egg white.

7. If your pies boil over, try these: (1) turn edge of upper crust under edge of lower crust and then crimp into a high edge, or (2) use a strip of paper pie tape around edge.

8. A custard pie is best made by pouring hot milk over the egg and sugar, then pouring this hot mixture into the pie shell and starting the baking at 425° F. to set the crust. Turn fire low after 12-15 minutes to finish cooking.

BISCUITS

Lard makes an excellent shortening for biscuits and other hot quick breads. Because of its plasticity and texturation it blends quickly and is distributed evenly throughout the flour. Only 2 tablespoons lard to each cup of flour gives light, fluffy biscuits of delicious flavor and shortness. From the standard biscuit recipe many delicious dishes can be prepared, including coffee cakes, short cakes, cobblers and fruit rolls.

STANDARD BAKING POWDER BISCUITS

2 cups all-purpose flour

4 teaspoons baking powder

½ teaspoon salt

¼ cup Star Lard or Simon-Pure Lard

⅔ to ¾ cup milk

1. Sift flour onto paper and measure 2 cups into sifter.
2. Measure salt and baking powder into flour and resift into mixing bowl.
3. Cut lard to measure and add to flour.
4. Cut lard into flour as directed for pastry.
5. With knife stir in the milk, adding nearly all of it at once and stirring back and forth quickly to dampen the flour, but not to make a smooth dough. Add enough milk to make a dough sticky to the touch.
6. Turn out onto well floured board or canvas, sprinkle lightly with flour and quickly and lightly knead the dough not over ½ minute.



7. Now pat (do not roll) dough to $\frac{3}{4}$ inch thickness and cut with floured biscuit cutter.
8. Bake on unoled baking sheet for 12-15 minutes in 425° F. oven. Makes 1 dozen small biscuits.

Variations to Be Made from Biscuit Recipe

1. CHEESE BISCUITS: Add $\frac{3}{4}$ cup grated Cloverbloom American Cheese to the dry ingredients just before milk is added. Good with luncheon dishes.
2. PEANUT BUTTER BISCUITS: Blend $\frac{1}{2}$ cup Armour's Star Peanut Butter in with the lard in standard recipe. Good with luncheon dishes and salads.
3. ORANGE TEA BISCUITS: Dip one square cube of sugar into orange juice and press into center of each small biscuit before baking.
4. PINWHEELS: Pat dough to $\frac{1}{2}$ inch thickness, spread with butter and sprinkle liberally with sugar and cinnamon. Roll like jelly roll, cut in $\frac{3}{4}$ inch pieces and bake like regular biscuits.
5. SHORTCAKE: Add 2 tablespoons sugar to flour and add 2 tablespoons butter to be blended with the lard. Bake in biscuits, break open and fill with crushed, sweetened fruits.
6. CHERRY ROLL: Pat biscuit dough to $\frac{1}{2}$ inch thickness. Cover with fruit from No. 2 can red sour cherries, sweetened and thickened with $\frac{7}{8}$ cup sugar and $3\frac{1}{2}$ tablespoons cornstarch mixed. Save thickened juice for sauce. Roll dough up like jelly roll and bake in 1 piece at 450° F. for 10-15 minutes. Cut slices and serve with thickened juice as sauce.
7. COBBLERS: Place layer of richly sweetened fresh or canned fruit in baking pan and top with very soft biscuit or shortcake dough. Bake like biscuits and serve with cream, hard sauce or fruit sauce.

Other excellent uses for lard in quick breads include muffins, cornbread, coffee cake, gingerbread, etc.

Tips on Biscuit Making

1. An enormous amount of time in baking biscuits can be saved by blending the flour, salt, baking powder and lard in a double or triple recipe and storing in closed jar in refrigerator. Portions can be used as desired. It requires only the addition of milk before baking.
2. "Light" is the word for mixing, kneading and patting the dough. The light touch makes light biscuits.
3. For crusty biscuits, set them 1 inch apart on baking pan. For soft, moist biscuits, place them close together.
4. If you want to bake biscuits for a party, make them up, cut them, cover with wax paper, and place pans and all in refrigerator ready to pop into the oven just before the dinner or luncheon is served. They come to the table piping hot, fresh from the oven.

CAKES MADE WITH LARD

Lard is a fine economy shortening to use in cakes. It is easy to handle and makes excellent cakes of fine moist texture which stay fresh longer than most cakes. All lard or half lard and half butter may be used in your regular cake recipe.

The finest lard cakes are made by a procedure slightly different than that ordinarily used on a butter cake. Since lard is 100% fat



and contains no moisture, as does butter or oleomargarine, we add 1 or 2 tablespoons of the cake liquid to the first creaming of lard and sugar. This helps to put the sugar into solution. It is also advantageous to save about $\frac{1}{4}$ of the cake sugar to be beaten into the egg white. This forms a fine, soft meringue which blends easily into the cake batter and gives a finer, fluffier texture to the finished cake. It also increases cake volume.

Like other standard recipes, a standard cake, once perfected, can serve as a foundation for many interesting variations in flavor and form. Teacakes, petit fours, cake sandwiches and layer cakes flavored with spice, orange, nuts, cocoanut, etc., can all be made from the following standard lard cake.

STANDARD CAKE MADE WITH LARD

$\frac{1}{2}$ cup ($\frac{1}{4}$ lb.) *Star Lard or
Simon-Pure Lard*

$1\frac{1}{2}$ cups *sugar*

1 cup *milk*

$1\frac{1}{2}$ teaspoons *vanilla*

3 *Cloverbloom Eggs*

$2\frac{5}{8}$ cups *sifted cake flour*

1 teaspoon *salt*

$3\frac{1}{2}$ teaspoons *baking powder*

METHOD:

1. Turn on oven and set at 375° F.
2. Oil 2—8-inch layer cake pans, line bottom with paper to fit, and oil paper. Pans may be oiled and floured and omit paper lining.
3. Sift flour, measure $2\frac{5}{8}$ cups and resift with salt and baking powder.
4. Measure sugar, and reserve $\frac{1}{4}$ cup of it for the meringue.
5. Measure milk and add the egg yolks and vanilla to it.
6. Separate eggs and leave egg whites at room temperature. They will beat better than if chilled.
7. Cream the lard, the remaining $1\frac{1}{4}$ cups sugar and about 2 tablespoons of the milk mixture until very light and fluffy.
8. Add the flour and the rest of the milk mixture alternately in 4 or 5 parts, starting with flour and beating well after each addition.
9. Beat egg whites stiff, but not dry; add the $\frac{1}{4}$ cup reserved sugar and beat to a fine meringue. Fold into cake batter with an over and over motion until well blended.
10. Pour into the prepared cake pans, filling each about $\frac{3}{4}$ full. Even the dough into the corners.
11. Bake in 375° F. oven 25-30 minutes.

TESTS FOR DONENESS:

- (a) Cake will pull away slightly from sides of pan.
- (b) When a toothpick or cake tester is inserted into middle of layer it comes out clean.

12. Let pans stand on cooling rack a few minutes, then turn out onto the rack and remove paper from bottom. Turn layer right side up by placing another cooling rack over the layer and with the hands grasping both racks with cake between, turn over. Remove top rack. This method prevents breaking.

13. TO FROST: Allow cake to cool completely. Turn one layer, top down, on plate or cooling rack; frost top, and cover with second layer, bottom side down. This brings the 2 flat surfaces of cake layers together and gives an even cake. Frost sides of cake next, and top last, swirling the frosting with the spatula. This method applies to all kinds of frostings.

Variations to Be Made from Standard Cake

FLAVOR VARIATIONS which can be made without changing the amount or handling of ingredients include:

1. Add nuts or cocoanut or chopped maraschino cherries to the batter.
2. Use strong coffee, or water, orange juice or pineapple juice for liquid.
3. Add mixed spices to batter with strong black coffee as the liquid. Frost with white frosting.
4. Vary the frosting.

VARIATIONS IN SHAPE can be made by baking the batter in several small cup cakes or in a single flat layer which can be cut into small squares and frosted as desired. Another change is to bake a thicker layer, cut in squares, split like shortcake and fill with a slice of brick ice cream for a cake sandwich.

No attempt is made here to discuss the various types of white cakes, chocolate cakes, burnt sugar cakes, etc., which can be made so well with lard. Use your favorite proportions but follow the mixing method outlined here for best results.



LARD IN YEAST BREADS

Few homemakers prepare loaves of home-made bread in this age of fine quality bakery bread, but many women enjoy making raised hot breads in the form of cinnamon rolls, pecan rolls, orange rolls and hot dinner rolls. The same factor that makes the baker choose lard for the yeast bread shortening applies to homemade rolls. They taste better, are lighter and stay fresh longer.

We have suggested a standard icebox yeast dough as typical of the yeast bread made in today's home. It can be prepared and left covered for a week or ten days in the refrigerator to be used from as desired. From it you can make all the types of rolls suggested above.

STANDARD ICEBOX ROLLS

- 1 *cake compressed yeast*
- $\frac{1}{4}$ *cup warm water*
- $\frac{1}{2}$ *cup ($\frac{1}{4}$ lb.) Star Lard or Simon-Pure Lard*
- $\frac{1}{3}$ *cup sugar*
- $1\frac{1}{2}$ *teaspoons salt*
- 1 *cup milk*
- 1 *Cloverbloom Egg*
- 4 to 5 *cups sifted flour*

METHOD:

1. Add warm water to yeast and let stand for 10 minutes or longer.
2. Scald the milk, pour it over the lard in a large mixing bowl and add the sugar and salt. Let cool to lukewarm so that the yeast is not killed.
3. Add dissolved yeast and beaten egg.
4. Sift in about 4 cups flour, a cup at a time, beating well after each addition. When all is added, the dough should be soft, yet firm enough to handle.
5. Turn onto floured board and knead lightly and thoroughly until elastic and smooth. In kneading always pick up the edge of the dough farthest from you, pull it toward yourself, then knead away from you with the cushions of the palms, not the knuckles. Avoid too much flour.
6. Turn dough into well oiled bowl, cover closely and place in refrigerator for 12 hours before using.
7. When ready to use, cut off amount desired, let rise $1\frac{1}{2}$ hours in warm place, knead, shape and place on oiled pan to rise in warm place until double in bulk. Bake in 425° F. oven 10-12 minutes.
8. Makes 3 dozen rolls.

Variations from the Icebox Roll Recipe

1. PECAN ROLLS:

Roll raised dough $\frac{1}{2}$ inch thick and sprinkle liberally with brown sugar. Roll like jelly roll and cut in 1 inch pieces. Place cut side down in muffin

pans, which have been well oiled with butter, then spread with 1 teaspoon of brown sugar and 4 pecan halves. Let rise and bake as above.

2. ORANGE ROLLS:

Follow same procedure as for pecan rolls, spreading the dough with a paste of $\frac{3}{4}$ cup sugar, $\frac{3}{4}$ cup butter and the grated rind of 2 oranges. Roll, cut, let rise and bake in individual muffin pans.

3. CINNAMON ROLLS:

Proceed as above using melted butter, sugar and cinnamon in the roll. Bake separately or place close together in oiled flat baking pan, let rise, and bake as above.

4. PARKER HOUSE ROLLS:

Roll raised dough to $\frac{1}{2}$ inch thickness, cut in circles with biscuit cutter, spread with butter and fold over like a pocketbook. Let rise, and bake as above.

5. CLOVERLEAVES:

Make tiny balls of raised dough, oil well and place 3 together in each muffin pan. Let rise and bake as above.

LARD FOR DEEP-FAT FRYING

Lard is an excellent choice for deep-fat frying. It browns the food evenly and well and imparts a delicate fried flavor so cherished in good doughnuts, fried chicken, and French fried potatoes.

One factor of importance in a fat for frying is that it be capable of maintaining high temperatures without smoking or burning. When fats smoke, it means that decomposition is taking place with the accompanying formation of acrolein, a product irritating to nose and eyes and undesirable in the digestive tract. Lard will, without smoking, maintain as high temperatures as are ever needed for frying foods. Good fresh lard does not smoke until well over 400° F. in temperature and no food is fried at temperatures over 380-390° F. Never let lard get hotter than needed for the food to be fried and you will have fine results.

CHOICE OF EQUIPMENT: Use a deep, not too wide, vessel heavy enough to be steady on the stove. It should never be filled over half full of fat. It should be large enough to hold 2 lbs. of lard.

Use a wire frying basket and a frying thermometer for accurate results. Keep a tray, spread with paper towels or absorbent paper, ready to receive the fried food for draining.

FRYING PROCEDURE:

Have fat at exact temperature required for product.

Do not try to fry too much at once.

Reheat fat between fryings.

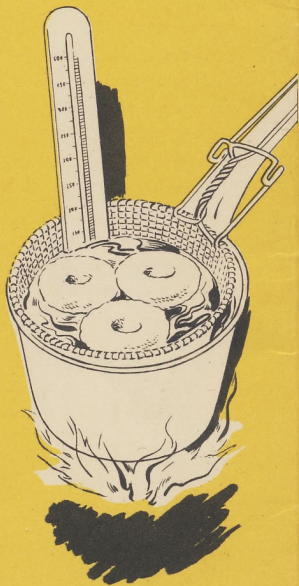
Have food as dry as possible before putting it into the hot fat. Potatoes or chicken should be dried; croquettes, etc., rolled in egg and crumbs, and excess crumbs brushed off before frying.

Lower food into fat gently. Remember that the water in the food boils out and makes the whole kettle bubble violently at the beginning of the frying. This is why foods should be well dried.

Remove when done to paper towels or absorbent paper to drain.

CARE OF FAT:

After use in frying the fat should be clarified by adding a sliced raw potato to the cool fat, letting it heat slowly, then straining it through a close-textured cloth. Lard, properly handled, may be used again and again without becoming unusable.



Frying Temperature for Deep-fat Frying

FOOD	TEMPERATURE OF FAT	APPROXIMATE TIME
DOUGHNUTS	360-370° F.	2-3 minutes
FRITTERS	350-360° F.	2-4 minutes
CROQUETTES	370-380° F.	Until browned
POTATOES (French Fried and Chips)	380° F.	3-5 minutes
ONION RINGS	380° F.	3-4 minutes
CHICKEN (very small) in quarters	350° F.	10-12 minutes

NOTE: If no fat-frying thermometer is available you may test the temperature of the fat with cubes of stale bread. Drop one into the fat and count the seconds it takes to brown.

If bread browns in 60-70 seconds the fat is approximately 350-370° F.

If bread browns in 40-50 seconds the fat is approximately 365-380° F.

If bread browns in 30 seconds the fat is approximately 390° F.

If fat smokes, it is burning and is too hot for frying.

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