



Rendering & Using Tallow on the Homestead

A Women in Homesteading Skill Spotlight Resource

WOMEN IN HOMESTEADING SKILL SHEET

Rendering Tallow (Step-by-Step)

What Is Tallow:

Tallow is rendered beef fat, often from the suet around the kidneys. Once melted and strained, it becomes a pure, shelf-stable fat useful for cooking, soapmaking, candles, and balms. It's rich in vitamins A, D, E, and K and deeply nourishing.

Preparation:

1. Trim any bits of meat or blood from the fat.
2. Chop or grind into small pieces for even melting.
3. Optional: soak overnight in cold salted water to remove impurities.

Rendering Methods:

- Stovetop: Place chopped fat in a heavy pot with 1/2 cup of water per 4-5 lbs. Melt slowly on low heat for 4-8 hours, stirring occasionally.
- Slow Cooker: Add fat and a splash of water. Set to low for 8-10 hours with the lid ajar.
- Oven: Spread fat in a roasting pan and bake uncovered at 250°F for 4-6 hours, stirring occasionally.

Strain & Store:

Pour melted tallow through cheesecloth or a fine mesh strainer into clean jars. Allow to cool and solidify. Store in a cool cupboard or fridge. Tallow keeps up to a year when

sealed and dry.

Cracklings:

The crisp bits left after straining are delicious and can be used in cornbread or as snacks for animals.

Uses:

Cooking, soapmaking, candles, skincare, and leather care.

Faith Reflection:

Nothing is wasted in His creation — even what seems ordinary can be transformed into something good and useful.



Making Tallow Balm - Simple Nourishment from God's Creation

Ingredients:

- 1 cup rendered tallow
- 1/2 to 1 teaspoon olive or coconut oil (to soften)
- Optional: a few drops of essential oils (see below)

Instructions:

1. Gently melt the tallow in a double boiler.
2. Stir in the oil and optional essential oils while warm.
3. Pour into a small jar and allow to cool and set.
4. Store in a cool, dry place.

Optional Additions:

- Lavender: Calming scent; helps soothe irritation and dry skin.
- Frankincense: Warm, grounding aroma; supports skin renewal and healing.

Uses:

Perfect for dry hands, chapped lips, cracked heels, or as a simple face balm.

Scripture:

"She sets about her work vigorously; her arms are strong for her tasks." — Proverbs 31:17