AMERICAN · SAUCE

Homemade Beef Tallow (Wet-Rendered)

120 min · Makes 48 × about 2½ tbsp (35 g) · 316 kcal a portion · Video 6:06 · Butcher Wizard

Carnivore · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

Rendering your own turns cheap beef fat trimmings into a stable cooking fat with nothing added. It is pure fat: a tablespoon (13 g) is about 115 kcal, roughly half of it saturated, so use it for searing and roasting rather than by the spoonful.

Diet notes: Keto (0 g net carbs a serve).

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Ingredients

2 · MAKES 48 × ABOUT 2½ TBSP (35 G)

- [ ] 5 lb **beef fat trimmings**, ground (makes about 2 quarts tallow)
- [ ] 8 cups **water** (it all boils off)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Trim off most of the meat from the fat (meaty pieces can go into mince) and cut the fat into roughly 1 inch (1 in) pieces. 0:38
2. Grind the fat through a mincer so it has as much surface as possible to release its liquid fat. 1:34
3. Put the ground fat in a large pot with the water and bring it to a boil. The water keeps the fat from scorching while it renders. 1:42
4. Let it bubble away uncovered so the water can boil off. Check after about an hour; it is done when all the water has evaporated and only liquid fat and browned bits are left. 1:58
5. Pour through a fine-mesh sieve into a heatproof container, pressing down on the solids to get all the fat out — about 2 quarts. 2:06
6. If a little water is left, it settles under the fat as it cools: lift off the solid tallow and discard the water. Store covered in the fridge. 2:26

> **Tip** A cooking portion is usually 1 tbsp (½ oz); the app caps a batch at 48 serves, so one serve here is 1/48 of the batch (1¼ oz). The 2-hour time is our estimate: check after an hour, as the cook does. Ask the butcher for trimmings.

The method is a summary in our words — the video shows every step.

One portion, about 2½ tbsp (35 g), gives you

1 OF 48 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
316 kcal	0 g	0 g	0 g	35 g	0 mg
1,320 kJ	0% of a day	0 g net · 0 g sugars	0% of a day	17 g saturated	0% of a day
		0% of a day		45% of a day	

Energy from net carbs 0% · protein 0% · fat 100% — fits keto: 0 g net carbs, 100% of the energy from fat

Source of (10–19%) Omega-3 13%

Recipe and video: Butcher Wizard (@ButcherWizard) on YouTube — youtube.com/watch?v=dEZLVmNRs5M, published 13 January 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/wet-rendered-beef-tallow