



Newsletter #5

FAT

WE know, scary word for most of you, except of course the chefs that read this, they know the truth. Fat is good! Hard to believe but true! We are not saying run out and eat loads of fat, what we are saying or trying to get across is that fat has a place in this world and it high time everyone starting figuring that out. Cooking with fat is the key to true flavor and we have been missing this for a few years now. The trend was to cut all fat, even grow our animals different so that they had no fat. Lean and healthy so we were told. Chicken and turkey are proudly marketed as “low- fat” or “90% fat free”. Perhaps the labels should read “low-taste” or “90% taste free”.

Fat has a place, cooking with it has far more value than many other oils, some oils on the market today are extracted using chemicals and actually become toxic in our bodies.

Butter for instance contains fat-soluble vitamins A, D, E and K. plus copper, zinc, selenium, iodine, and lecithin, so butter is actually good for us.

In animals like pigs, a good coat of fat means that the animal has been raised slowly, this is a good indicator when buying directly from a farmer, look for the fat!

Food cooked in rendered pork fat absorb very little of the fat, it is one of the few fats you can use that stays in the pan not in your food.

When you cook our sausages, do you notice fat in the pan? This is a good thing. Hard to believe we know, but because we add no binders or fillers the fat has nothing to hold onto so it just cooks your meat and then sits in the pan. Other sausages with filler hold onto the fat so the meat seems drier and leaner but really the fat is in your sausage, you just can not see it.

We use fat for all our cooking. We make *lardo* this is cured pork back fat. We use this for many dishes. This centuries-old delicacy was threatened with extinction in the 1990s, but now it's on menus from Milan to London. In New York you can even order a *lardo* pizza.

We use it for far more simple dishes, like scrambled eggs and sliced potatoes on the BBQ. We do not have this on our order page but if you are interested give us a call or email and we will give you all the details.

We also use lard for cooking and baking, this is rendered pork fat. We cook the fat and strain it. What is left is a pure white cooking fat and one that we absolutely love. **For every customer that orders for the month of June we are going to give you a tub of lard FREE.**

June Delivery dates are:

June 3rd
June 17th

The new times are :

- o Bohemier Chiropractic 5pm
- o Wiebe Chiropractic 5:45pm
- o Focus Chiropractic 6:30pm
- o Norwood Chiropractic 7pm
- o Lindenridge Chiropractic 8pm

We are delivering in the evenings only for the summer months.

Other stops we make are *Organic Planet, The Tallest Poppy, Bistro 7 ¼, Lobby on York*. We also have buying clubs set up at the *Unitarian Church* on Wellington Cres. and *Crossfit Gym*.

A great book to read on FAT is:

“Fat” an appreciation of a misunderstood ingredient, with recipes by Jennifer McLagan.
Love the recipes in this book, also the explanations and cooking methods.

Take care everyone,

Clinton and Pamela Cavers
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