

# SO WHAT EXACTLY IS TALLOW?

**Tallow** is **beef fat** that is rendered. Tallow is used for candle and soap making, cooking oil, to add flavor to soups and stews, and more. Ancient Egyptians used tallow for balms and ointments. It can also be used to season cast iron!

## How is it made?

Tallow is sourced from beef kidney fat, the fat highest in vitamins and nutrients. (We only use tallow from **local** beef.)

It is carefully trimmed of any meat, cut into tiny pieces, and heated for 8-12 hours on low heat. This melts the fat and causes impurities in the fat raise to the surface. Big pieces are scooped out and the remainder is strained through a fine cheese cloth. This is a messy and time consuming process, but the end product is so worth it!

## What does it smell like?

Minimally rendered tallow will have a slight beefy smell to it. Some people render their tallow 5-8 times or more to remove the beef smell, but this also greatly reduces the vitamins, minerals, and health benefits of the tallow!

We render our tallow just once, to ensure all of the benefits of using it stay intact! To us, the beefy smell is worth it!

## How long does it last?

Kept in an air tight container, in a cool dark place, pure tallow will last up to a year! Whipped tallow will last 4-6 months.

Refrigerating will extend it's life, but also makes it more solid and a bit harder to apply.

## What's with the name?



It started out as a joke, but it stuck! We think it's catchy and will at least draw some attention! My husband is a butcher. The fat I use comes from the cows he butchers, so it's "his" fat.

# TALLOW FOR COOKING

## High smoke point

(between 400–420 degrees F)

It's a good fat for frying, baking, sautéing and roasting.

It can help give crusts, pastries, fried foods and baked goods a crumbly texture.

## Nutrition:

One tablespoon of tallow has about:

115 calories

13 grams of fat

0 grams of carbs, protein, sugar or fiber

# TALLOW FOR SKINCARE

## BEEF TALLOW IS RICH IN:

**Vitamin A** – strengthens, supports skin cell replacement.

**Vitamin D** – protective against free radicals, repairs skin.

**Vitamin E** – crucial for aging skin, strong antioxidant that protects against free radicals.

**Vitamin K** – improves skin texture and tone, helpful for wound healing.

**CLA** - helps with inflammation

## TALLOW IS GREAT FOR:

- **Skin healing**: Use on **wounds** (cuts, scraps, burns) for faster healing.

- **Eczema & psoriasis** Soothes and heals irritated skin caused by eczema or psoriasis. Helps relieve itching and can prevent flare ups.

- **Diaper rash** (unscented only on babies!)

- **Anti-aging** Tallow contains various fatty acids that can support skin elasticity and firmness, anti-oxidants, vitamins and minerals. Tallow induces collagen and elastin production reducing the appearance of **wrinkles** and fine lines.

- May help with **acne**

### Will it clog my pores?

NO! Tallow does not clog pores because it matches our skin's natural oils, making it a great option for keeping skin hydrated and healthy. People have used tallow in skincare for **hundreds** of years to protect and moisturize their skin, showing its long-standing benefits

*For use on babies or young children, please choose our unscented balm.*

## WHY DO WE USE FRANKINCENSE AND LAVENDER IN OUR TALLOW BALMS AND BUTTERS?

### **Frankincense**

- Helps prevent infections like **acne, eczema and psoriasis** by reducing the amount of surface bacteria
- Contains potent anti-inflammatory compounds, such as the terpene boswellic acid, which can help reduce inflammation in the body. It has been traditionally used to alleviate symptoms of conditions like **arthritis & joint pain**
- Can help reduce the appearance of scars, fine lines, and is widely regarded amongst **anti-aging** circles for its ability to diminish wrinkles
- It can help soothe the mind, promote relaxation, and create an environment conducive to **restful sleep**.

### **Lavender**

- Fights Acne
- Reduce Hyperpigmentation
- Protects Against Free Radicals
- Anti-Inflammatory - aid with redness, blotchy spots, and acne scarring
- boosts collagen formation and promotes skin tissue regeneration.
- Powerful antioxidant that also aids in the formation of collagen. It's good for tightening aged, sagging skin and reducing fine lines and wrinkles because of its anti-aging properties

**My Husband's Fat**  
**812-453-4694**

# Pure Tallow

now available in

## 1/2 Gallons!



### Pure Tallow

Pint . . . . .	\$12
Quart . . . . .	\$18
1/2 Gallon . . . .	\$30

### Skin Care

2oz Healing Balm . . . . .	\$12*
2oz Face Cream . . . . .	\$15
4oz Healing Body Butter . . . . .	\$20
4oz Body Butter . . . . .	\$18*

\*We are currently **SOLD OUT** of the Healing Balm and regular Body Butter, but they will be back!

*prices subject to change*