



Beef tallow is rendered beef fat. At Plowboys Barbeque, we render plenty of tallow from our briskets and save it for other uses. You could render your own at home. Or, buy some from a specialty grocery stores. Popular brands include Epic, Renderings and Fatworks.

Beef Tallow Popcorn with Plowboys Yardbird Rub

Makes 1 serving

1 tablespoon beef tallow

1/2 cup prepared popcorn

1 tablespoon award-winning Plowboys Barbeque Yardbird Rub

Preheat tallow in a thin and shallow 3 ½-quart pan with a lid over medium heat. (Alternatively, use a Dutch oven.) Test the temperature with 2-3 test kernels. When popped, add remaining popcorn, cover and give the pan a good shake. When the kernels start to pop, turn off heat. When the popping stops, remove the lid and dump puffed kernels into serving bowl and shake on Yardbird Rub. Enjoy!

How to render tallow:

Preheat oven to 250-300 degrees. Chop beef fat trimmings into small pieces. Add 1/3 cup of water per pound. Place fat in an uncovered pan in the oven. Stir mixture every 30-45 minutes. When fat darkens, remove from the oven and strain all through cheesecloth or a coffee filter. When cool, pour the tallow into a glass container with a tight-fitting lid and store in the refrigerator for 12 to 18 months. The tallow will solidify in the container but liquifies at room temperature.