



# Lard: The Lost Art of Cooking with Your Grandmother's Secret Ingredient

*Editors of Grit Magazine*

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**Lard: The Lost Art of Cooking with Your Grandmother's Secret Ingredient** Editors of Grit Magazine  
Better than butter! Here are 150 sweet and savory recipes for cooking with lard from the editors of Grit magazine.

Using lard in cooking dates at least as far back as the 1300s. It is prized by pastry chefs today, and it is an excellent cooking fat because it burns at a very high temperature and tends not to smoke as heavily as many other fats and oils do. Rediscovered along with other healthful animal fats in the 1990s, lard is once again embraced by chefs and enlightened health-care professionals and dietitians.

*Lard: The Lost Art of Cooking with Your Grandmother's Secret Ingredient* offers you the opportunity to cook like your grandmother, while incorporating good animal fat into your diet once again. Lard is the key to the wonders that came from Grandma's kitchen, and with lard, you can turn out stellar Beef Wellington, Bierocks, or crispy Southern Fried Chicken. Serving your family the 150 treats you enjoyed in your younger days when you visited your grandparents' farm is as easy as flipping a page in this great cookbook. Try your hand at creating fluffy Grandma's Homemade Biscuits, tasty Spanish Corn Bread, delectable Fried Okra, sweet Chocolate Kraut Cake, a Perfect Pastry piecrust for a delicious Butterscotch Peach Pie, or Rhubarb Dumplings.

You will never regret adding *Lard: The Lost Art of Cooking with Your Grandmother's Secret Ingredient* to your cookbook collection. Don't be afraid to bring a little lard back to the table; your taste buds will be glad you did.

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