

Healthy Fats

Grass-fed & Pasture Raised

Lard

Smoke point: 370F

Sauté, Roast, Bake, Pan Fry



Tallow

Smoke point: 400F

Sauté, Roast, Pan Fry



Ghee

Smoke point: 465-485F

Sauté, Roast, Bake, Pan Fry



Butter

Smoke point: 350F

Spread, Sauté, Roast and Baking



Schmaltz

Smoke point: 375F

Sauté and Roasting