

FAT - The Sacred Food



In the late spring, when the days get long again and the rains create lush, green grass, the cream becomes plentiful and the butter turns a rich deep, yellow. The chickens go out after being cooped up all winter, to peck at the greens and eat the bugs, and their egg yolks become a deep rich orange. The above photo compares the pale yellow yolk of factory produced egg from caged birds to the yolk of an egg with high levels of vitamin A absorbed from the greens in a natural setting. This vitamin A in the orange egg yolk is in a fat soluble form that is easily absorbed by humans.

Healthy fats are precious and hard to come by. Traditional cultures, before the twentieth century, revered them because of the health they bestow on us. Healthy fats also require a well managed, expansive, clean ecosystem because chemicals and toxins will end up in the fat deposits of animals high in the food chain, including humans.

Since the 1950s, the U.S. government and the media have vilified fats to such a degree that today almost everyone is afraid to eat them, especially saturated animal fats. The result, along with other misguided dietary recommendations, and toxic environmental influences, is that we are suffering serious and tragic health epidemics, especially in our children and the elderly. When fat is removed from the food, it is replaced by sugar and “natural flavors” in an attempt to put flavor back into the food. Hydrogenated oils, starches and gums are added to replace the missing sensation of richness in the mouth. Sugar, gum, filler, and chemical compounds are much cheaper than healthy fats.

Let's ignore the media which is a marketing arm of the vegetable oil and food processing industry. Let's return to basics! [Virtually all of the health issues that plague the modern human are related to our collective loss of food wisdom.](#) A diet rich in traditional fats was the one common denominator in the diets of all traditional people with good health that Weston A. Price researched.

Fats are nutritional powerhouses. They result in broad faces, healthy dental structure, no decay, nasal passages that allow adequate oxygen to the brain. They are a concentrated source of energy that build cell membranes and hormones crucial to our brains, nervous system and intestinal tracts. They provide the fat soluble vitamins A, D, E, K which are essential to absorb and use the minerals in our diet, digest protein and protect our immune system. The bulk of fats in the diet should be from animals raised on pasture and from wild sea creatures. Saturated fat from coconut oil and animal foods is extremely important for fertility, pregnancy, breastfeeding, infant/child nutrition, for balancing hormones, controlling cravings for unhealthy foods, and for preserving quality of life for the elderly.

Fats taste good and satisfy. They slow down the release of glucose into the blood stream, making each meal last longer and create a feeling of fullness. It is hard to overeat fat because when the body feels sated we stop eating. This does not occur with refined carbohydrates. Primitive diets were low in calories but high in nutrients, whereas most modern diets are high in calories and low in nutrients.

Animal foods naturally rich in healthy fats (both familiar and exotic):

oily fish

fish eggs (roe)

shellfish

egg yolks (pastured, preferably soy-free)

liver and other organ meats (heart, tongue, kidney)

raw cow dairy, butter and cream (full-fat, grass-fed)

goat dairy, cheese, butter (it stays white because goats convert all the betacarotene into vitamin A)

poultry, beef, pork (fatty meats from land animals with the fat)

cod liver oil (perfect balance of vitamin D and A)

seal oil

Yak butter

Fermented, high-vitamin cod liver oil should be taken daily as an indispensable supplement, starting around 4-6 months old. It can be added to milk or broth. High vitamin cod liver oil is available at www.greenpasture.org/

Meat should be consumed “whole” with the fat, collagen, and cartilage in it. When we separate the meat from the fat, we get sick. Fat is the preferred source of energy for the body. The brain and the nervous system are largely made up of fats. Every health problem can be linked to abnormalities in fat consumption, too much unnatural fat, and not enough natural fat.

For cooking, baking and frying, rendered fat from animals is best because it remains stable at high temperatures and does not break down to form damaged fatty acids as most vegetable oils do. These fats include:

lard (pig fat, second only to cod liver oil for vitamin D content)

tallow (beef fat)

“schmaltz” (chicken fat)

duck/goose fat

suet (lamb fat)

ghee (clarified butter) can be used for low temperature cooking as it will not smoke like butter

For frying pancakes and oat cakes, nothing beats bacon fat, rendered at home from frying bacon. Butter should be the topping of choice for everything, from baked potatoes to veggies to oatmeal. The vitamin content in vegetables is often unavailable to humans, especially if their digestive systems are immature (children) or compromised (sick). In fact, children cannot fully process vegetables until they hit puberty. So, don't worry if your children won't eat their vegetables. Lather those carrots and greens with butter or virgin, cold-pressed olive oil, or serve them some cream and butter instead! Dietary fats are needed for the conversion of carotene in carrots to vitamin A (excessive, unprocessed beta carotene gives an orange hue to the skin), whereas the fat soluble form of vitamin A in fish oil, butter, or egg yolk is immediately available to the body.

Plant oils:

Coconut oil

Olive oil

Sesame seed oil

Mustard seed oil

Palm oil (source of vitamins E and D)

Red palm oil and butter (coloring is from carotenes, more easily converted than carrots)

Unrefined, non-hydrogenated coconut oil and palm oil are excellent for cooking since they do not get destroyed by heat. Coconut oil is high in lauric acid which is an anti-microbial, anti-bacterial, and anti-viral. Palm oil is not typically used in this country because it has a strong flavor, however it is never too late to try something new! Unrefined, high-quality palm oil is available at health food stores and online. A good source for unrefined, non-hydrogenated coconut oil is *WildernessFamilyNaturals.com* or *OmegaNutrition.com*.



Some suggestions on how to incorporate healthy fats in your diet

1. Lard

Fry burgers, steaks, porkchops; cook meatballs in skillet, saute vegetables as a base for soups and pilafs, brown meat/poultry for pot roast and stews, fry chicken cutlets, baking (pie crusts, biscuits) fry potatoes and chicken livers, refried beans, potato chips and french fries.

2. Tallow and Suet

Use as listed for lard, depending on your taste preference. Good lard has a more neutral flavor. All of them have varying health benefits and fatty acid profiles. Tallow used to be the fat of choice for MacDonald's french fries!

3. Chicken/goose/duck fat

Frying potatoes and just about anything else!

4. Ghee

Fry and scramble eggs (it will not smoke because the lactose and casein have been removed), saute vegetables, bake, fry apples and pears.

5. **Butter**

Spread on bread, toast, soft-boiled eggs, whole grain cereals, sides dishes, cooked vegetables and potatoes, steak and fish, rub over chicken before roasting, Hollandaise and other sauces, vanilla pudding, on popcorn, and eat by the spoonful! Young children usually love to eat plain butter.

6. **Bacon fat**

Fry oat cakes and pancakes, fry cabbage, re-heat refried . Use as lard where the bacon flavor is desired. It is excellent for sauteing vegetables as a base for a hearty soup, like clam chowder or pig's foot soup with vegetables, and potatoes.

7. **Coconut oil**

Bake, frying coconut shrimp, veggies, chicken cutlets, apples and pears, use in dressings and mayonnaise, add to smoothies. Coconut cream is much more blendable than coconut oil. Expeller-pressed, semi-refined, non-hydrogerated coconut oil has the coconut flavor removed but retains the lauric acid.

8. **Olive oil**

Salad dressings, fish, prosciutto, raw mozzarella, avocado, over steamed vegetables, used to make mayonnaise.



Recipes

Nourishing Smoothie

In blender, combine:

½ cup raw yogurt

½ cup raw kefir

½ cup raw grass-fed cream

2-3 pastured eggs (or more)

handful of berries and ½ banana

½ tsp vanilla

¼ liquid coconut oil or coconut cream

Hannah's Coconut–Olive Mayonnaise

2 eggs (room temperature)
2 tbsp raw liquid whey
3 tbsp fresh lemon juice (room temperature)
8 pinches unrefined sea salt
1 tsp mustard
2/3 cup liquified coconut oil
1/3 cup extra-virgin col-pressed olive oil

Blend all the ingredients except the oil in a food processor, Using the drip attachment on your processor, add 2/3 cup coconut oil and 1/3 olive oil very slowly and allow to blend well. Check the seasonings and more salt, lemon or mustard as desired. You can also add garlic powder or fresh minced garlic at this time.

Pour mayonnaise into a pint jar, screw lid on tightly, and allow to remain at room temperature for 7 hours. This will inoculate the mayonnaise with good bacteria from the whey and crowd out dangerous bacteria. After 7 hours, store in fridge. Mayonnaise made with whey will last much longer than those made without. It will become firmer in the fridge. If it is too liquid, use more coconut oil next time. Expeller-pressed, semi-refined pressed coconut oil has no coconut flavor.

Crustless Breakfast Quiche

Heat oven to 375 and butter 9" pie pan

Saute medium onion, chopped coarsely, until soft and turning brown in plenty of ghee or butter.

Mix 5 eggs with ½ cup + 2tblspn cream. Blend well. Add a pinch of salt for each egg, plus 1-2 extras (so about 6-7 pinches). Be sure to use unrefined sea salt like Redmond "real salt", Celtic, or Eden brands available in health food stores. Use pastured, eggs.

Grate a sizable chunk of cheese (4" by 4" by 1"). Raw milk cheese with medium sharpness is best. A cheese that's not great for snacking will be great in a quiche.

Mix caramelized onions and most of the cheese into the egg/cream mixture. Reserve about 1/3 cup of cheese to spread on top.

Pour egg mixture into the buttered pan and sprinkle remaining cheese on top. Bake until slightly puffed and gold brown, at 375, for about 45 minutes (start checking at 35 minutes). Cook it in the center of the oven.

Store the leftover quiche in the refrigerator after it has cooled. It can sit out for several hours. Reheat wedges in 300 degree toaster for 10 minutes. This is a great snack on the run!

Liver Pate

Grind the following to a fine powder or combine the equivalent amount of powder from:

10-15 peppercorns
4-5 allspice berries
2-3 whole cloves
8-10 coriander seeds

Saute in lard, butter, or other fat of your choice:

1 medium, finely chopped onion
1 clove crushed garlic
1 cup brown mushrooms like portobello or shitake

Over high heat, add:

1 lb pound pastured chicken livers (or beef or calf), trimmed of connective tissue.

Spread evenly in pan, sprinkle with sea salt.

Turn when browned on the bottom.

Sprinkle this side with salt as well and add 2-3 tblspn of brandy (or white wine)

Cook until browned on the outside.

It's important to use high heat so the livers get done on the outside but stay pink in the center.

Remove livers and onions with slotted spoon and puree in food processor until smooth with:

3-4 tblspn butter
1/3 -1/4 cup cream
ground spices

Adjust salt to taste, or add butter or cream as desired. Pour into crock or heavy glass dish. Cover with a thin layer of melted butter if the pate will not be eaten for a few days. Allow to refrigerate 2-3 hours. Once the seal is broken, the pate is best within 3 days. Delicious on crackers, toast, fresh bread, or straight off the spoon!

Recommended Reading

Full Moon Feast, Jessica Prentice

Gut and Psychology Syndrome, Natasha Campbell-McBride

Nourishing Traditions, Sally Fallon

The Oiling of America, Sally Fallon and Mary Enig

Eat Fat, Lose Fat, Sally Fallon and Mary Enig

Nutrition and Physical Degeneration, Weston A. Price, D.D.S.

<http://www.westonaprice.org/beginner-videos/traditional-fats-and-sacred-foods-video-by-sarah-pope>

<http://www.westonaprice.org/know-your-fats/skinny-on-fats>

<http://www.westonaprice.org/know-your-fats/the-oiling-of-america>

<http://www.westonaprice.org/know-your-fats/questions-and-misconceptions-on-fats-and-oils>

<http://www.westonaprice.org/know-your-fats/good-fats-bad-fats-separating-fact-from-fiction>

