

April 2021 Self Reliance Newsletter Area Presidency

Meet your North American Central Area Presidency.

NORTH AMERICA CENTRAL



*Chi Hong (Sam)
Wong
First Counselor*



*S. Gifford Nielsen
President*



*Arnulfo
Valenzuela
Second Counselor*

President Nielsen spoke in April 2021 General Conference, Saturday Priesthood Session, "This is Our Time!"

<https://www.churchofjesuschrist.org/study/general-conference/2021/04/33nielsen?lang=eng>

President Wong spoke in April 2021 General Conference, Sunday Morning Session "They Cannot Prevail; We Cannot Fail"

<https://www.churchofjesuschrist.org/study/general-conference/2021/04/47wong?lang=eng>

President Valenzuela gave closing prayer for April 2021 General Conference, Sunday Afternoon Session

In December of 2020, the Area Presidency distributed an Area Temporal Preparedness Guide.

<https://www.churchofjesuschrist.org/bc/content/shared/english/life-help/Temporal-Preparedness-Guide-North-America-Central-Area-Guide-Dec-2-2020.pdf>

The Plan includes information on:

- Emergency planning
- Home storage and production
- Financial preparedness
- Emotional preparedness.

I encourage everyone to review and learn from this document and implement its principles.

Michael J. Goodwin

Related to the topic of Food Storage and Home Production of the Manual, I have included several of my favorite recipes to help with this. The recipes following are **not** for vegans or vegetarians!

How to make beef jerky.

Jerky is an old Indian method of processing meat to last a long time on the trail. It is simply raw, lean meat that has been dehydrated to prevent mold and bacteria from growing on it and spoiling it.

An optional process is to marinate overnight in a flavoring solution of your choice. I use a marinate of soy sauce and liquid smoke, when I'm not drying it unflavored.

Step 1

Buy a relatively fat free roast and trim all exposed fat from it.



Trimming fat from roast



Sliced beef ready for marinating or drying directly.



Mix marinate. I use 15 oz La Choy soy sauce and 3.5 oz Wrights Liquid Smoke for 1 roast
You may try other brands but the low sodium version of soy sauce is not to my liking.



Marinating sliced beef overnight, stirring occasionally for even coverage.



Sliced beef arranged on the dehydrator tray



After about 8 hours at 145, the finished product ready to remove from tray



Finished product, ready to enjoy or store.

Think of the possibilities of dehydrating beef, powdering it and mixing with onion and other flavorings to create you own beef boullion.

Dehydrated canned tuna is also delicious. Choose chunks to dry. They melt in your mouth.

=====

Making lard from pork fat

Why would anyone want to make lard? Isn't lard bad for you?

First off, lard has a high melting point which makes it the best fat to use for pie crusts, with beef tallow probably #1.

If you believe Procter & Gamble spent millions of dollars advertising telling us butter and lard are bad for use to convince us to eat the hydrogenated cottonseed oil called Crisco.

And today, are we finding Crisco to be good for us?

Most every food processor is running away from trans-fats in their products.

It can be used as the fat for making soap.

It can also be used to make dipped candles. Store securely as the mice love them too.

Have you known of any pig farmers who died because of eating lard? Sr. Goodwin's relatives from the Stockton area raised pigs and lived or are living to see ripe old ages. With pigs, farmers try to use everything but the squeal.

Oreo Cookies were made with pig lard until 1997.

Jiffy cornbread mix was also made with lard.

Also, purchasing lard from the store gives you the BHA and BHT preservatives and some lard is even hydrogenated. Go Figure! It is always best to make as much as you can for yourself.



Raw fat from slaughterhouse. I used Eichmanns packing house in Seward at a cost of \$.59 per pound. 10 pounds produced about 8# of lard.



Leaf fat pulled from around the kidneys, ready to be cut for rendering. Next time, I will grind the fat to shorten the time of rendering and increase amount of lard obtained.



Cut fat ready to go into the pot.



Fat ready to be rendered.



Rendering in process – cooking down to remove moisture and release liquid fat from cells.



Finished product after straining, filtering and bottling, ready for storage and use.

Other uses for pork fat are to grind with lean pork to make sausage. You can also add it to other lean meats for venison sausage, etc. Salt pork is a salted version of pork fat added to dry bean recipes. Pork and Beans have a piece of salt pork added to it.

<https://www.daringgourmet.com/how-to-render-lard-and-why-you-should-use-it/>

Where else can you get lard? How about the fat from cooking bacon? That is specially flavored lard. By the way, it also makes great pie crusts.

Breakfast Sausage:

The easiest way to make sausage is to buy a pork butt (also called shoulder) and grind all of the meat and fat together. The fat is in the right proportion to meat to make excellent sausage.

Beef Tallow

<https://heygrillhey.com/beef-tallow/>

A good place to get beef tallow is from browning ground beef and straining the fat drained from it.

Think of the possibilities of mixing beef tallow and dried beef powder. The Indians and frontiersmen used to call it pemmican.

<https://www.offthegridnews.com/how-to-2/how-to-make-pemmican-a-survival-superfood-that-can-last-50-years/>

I hope you enjoyed this newsletter.

If you have any suggestions for topics, please let me know.

miklgoodwin@gmail.com