

TALLOW BALM

Ingredients:

- 178 g grass-fed tallow (about 3/4 cup)
- 19 g extra-virgin olive oil
- 2 g vanilla extract (scant 1/2 tsp.)
- 1/4 tsp. essential oils, such as Frankincense



Instructions:

1. To a double boiler, or a metal bowl that fits on top of a small saucepan of water, add the tallow and the extra virgin olive oil. Weighing the ingredients is much more accurate and quicker if you have a scale.
2. Place the double boiler over medium heat. Slowly melt the mixture, whisking occasionally until it is completely translucent with no little flecks of solids or cloudiness remaining.
3. Remove it from the heat and let it cool at room temperature. As soon as it is cool enough to put your finger in comfortably, you can add in your essential oils or other add-ins. I personally like frankincense and vanilla.
4. Make sure to whisk the oils and extracts in very well. Then, you can set it aside to let it finish cooling and solidifying a bit.
5. Every once in a while, go and whisk it. After it thickens to pudding consistency, you have two options. You can either give it a quick pass with a hand blender, just to make sure it is nice and smooth before transferring it to your jars. Or, you can chill it and then blend it more thoroughly to get a more whipped consistency. Note: one downfall to the whipped version is that it won't keep that consistency for the more than 1-2 months. I like mine just slightly whipped.
6. Transfer to jars and store it in a cool place.