

RENDERED SPAM FAT

Right of the bat... this has got to be in the top 5 of the stoopedist things I have ever done. Do I have plans for this? Well, not really. I think this was more along the lines of "let's see what happens" This definitely does not make any sort of sense to do whatsoever, but whaddya gonna do?

PROBLEM STATEMENT

Can you render SPAM fat?

HYPOTHESIS

Yes (but whether or not you should is an entirely different question)

EXPERIMENT LOG

20220108 (SATURDAY)

Starting with the SPAM. I chose the Low Sodium version. Why? Because regular SPAM is quite salty and I did not want that in the fat in order to leave my options open down the road.



First step, heat the oven to 250 deg. F. Well, actually I did it sometime into dicing the SPAM I think, but it should have been the first thing. 250 deg. F is what I did for the rendered beef marrow bones, so that made sense for a starting point.

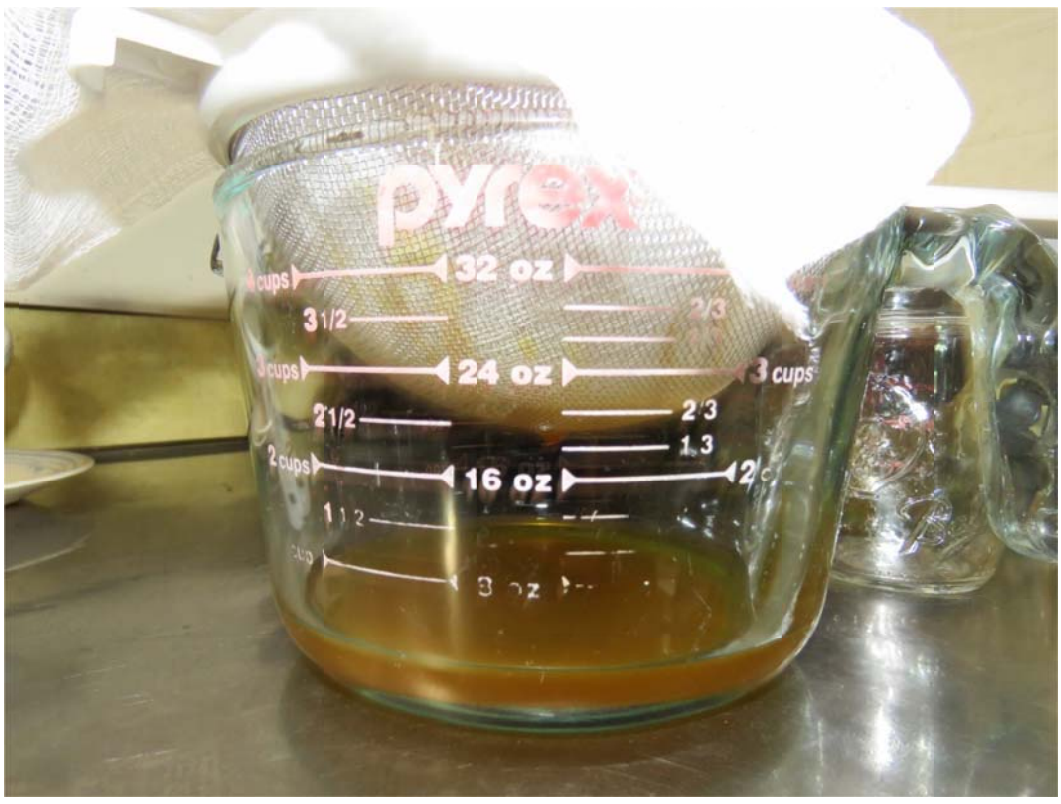
VERY small dice the SPAM. I basically jullianed the SPAM then cut that crosswise. Then I put it in my good ol' Le Creuset. I wound up only doing 3 cans, and not all 6 that are shown in the picture



Into the oven it went! Target time was 7 hours, also based on the rendering beef marrow bones, but I checked a few times throughout and stirred.

I wound up a little disappointed. I did not get nearly as much fat as I expected and I could not really cook much farther because the SPAM was on the wrong side of browned. The fat from this was definitely an interesting color







So, it looked like there was still some fat locked up in the SPAM. What to do? I tried boiling it. The plan was to boil it to unlock the fat, strain it, chill it in the fridge overnight and skim off the fat





20220109 (SUNDAY)

Well, it worked kinda. I did have to simmer it for a while to get rid of the leftover water, kinda like making clarified butter / ghee. Even after filtering though, I got some more of the brown bits than I wanted. Looks like about 4 oz. total or ¼ cup



So.... Where do we go from here? A sensible person would say nowhere. Unfortunately, I am not a sensible person. I think my problem boils down to separating the fat from the SPAM without overbrowning the SPAM. It is much more integrated when compared to bacon or the beef marrow bones. Top of my head? Sous Vide. Pork fat renders at around 140 deg. F if I recall correctly. Maillard starts kicking into high gear around 310 deg. F (I think).

Now.... What about the cut? I think the very fine dice might have made things more difficult in that it locked up fat due to capillary action. On the other hand, I think not cutting it small enough will keep it locked up inside. Maybe redo the fine dice, but use cheesecloth to squeeze out the fat.

20220109 (SUNDAY)

Well, For Unlawful Carnal Knowledge it. Let's waste more time. A little bit of a web search shows that pork fat should render somewhere around 130 deg. F to 140 deg. F

Take pictures of the remaining cans of SPAM. Part of this was to get the "nutrition" information. Looks like fat content is 29% by weight



Make (Qty. 4) 3-line vac seal bags

Heat Sous Vide to 190 deg. F

Pull out the SPAM and fine dice



1007g of SPAM. Split between the (4) vac seal bags

Sous Vide reached temp about 90 minutes after I started heating it. Put the SPAM in the Sous Vide. Took about ½ hour for it to recover temperature. Let cook for at least 24 hours.



20220110 (MONDAY)

Well, this one was a bust. Only about 2 oz AND it looks like some of it is collagen



I have at least one more method I can try before I call it

CONCLUSION

No final conclusion yet