



Media Advisory

## For the Fourth of July, Coast Packing Says Nothing Makes a Picnic Delicious Like Healthy Animal Fats

### ***On the Independence Day Menu from West's Leading Supplier of Animal Fat Shortenings: Tex Mex Tamale Pie, Southern Fried Chicken and Rhubarb Cobbler***

VERNON, Calif. (June 28, 2016) – July 4<sup>th</sup> is always about festivities, fireworks and food. Especially food.

That's why, according to [Coast Packing Company](#), the leading supplier of animal fat shortenings in the Western U.S., no Independence Day table should be without the fixings that make the holiday totally delicious --- and that there's nothing like cooking with lard and beef tallow to deliver a picnic without peer.

"The Fourth is the ultimate occasion for finger food," said Eric R. Gustafson, CEO of the 94-year-old company and an advocate of healthy animal fats in the American diet. "Whatever's on the grill, the stovetop or in the oven, we believe that natural, minimally processed food is a sure way to make that Independence Day gathering even more special. Backyard chefs are always wise to avoid industrially-produced partially hydrogenated fats in favor of animal fat shortenings, which have the benefit of being consistently delicious and, in moderation, promoting health."

With appreciation to [feastie.com](#), [foodnetwork.com](#) and [thepioneerwoman.com](#), Coast extends warm wishes to all for a truly fabulous Fourth (and the perfect picnic, to precede all those fireworks). The recipes follow:

#### **Tex Mex BBQ Chicken Tamale Pie**

<http://www.feastie.com/recipe/wanderlust-kitchen/tex-mex-bbq-chicken-tamale-pie>

*(Author: The Wanderlust Kitchen)*

Prep time: 20 mins

Cook time: 60 mins

Total time: 1 hour 20 mins

Serves: 8

## **Ingredients**

### Tamale Pie Base

- ⅔ c. lard
- 2 cup masa harina
- ½ tsp. chili powder
- ½ tsp. ground cumin
- 1 tsp. baking powder
- ½ tsp. Goya all-purpose seasoning (or salt)
- 1⅓ c. chicken broth or water

### Filling

- ½ cup BBQ sauce
- 2 cup shredded cooked chicken breast
- 1 cup corn kernels
- 1 (15 ounce) can black beans, drained
- 8 ounces Monterey jack cheese, shredded

### Topping

- ¼ cup chopped cilantro
- ¼ cup chopped scallions
- ¼ cup sliced red onion
- 1 Jalapeno, sliced
- Extra BBQ sauce

## **Instructions**

1. Preheat the oven to 350 degrees. Bring 6 cups of water to a boil and keep hot.
2. Beat the lard with a hand mixer or the paddle attachment of an electric mixer until fluffy (60-90 seconds). Add in the masa harina, chili powder, cumin, baking powder, and salt. Beat until all ingredients are well incorporated and there are no lumps. Slowly add in the chicken broth or water a little at a time until the mixture resembles the consistency of cake icing. Beat for another 6 minutes, then set aside for 15 minutes to let the ingredients moisten and rise.
3. Combine the BBQ sauce with the shredded chicken and corn in a large bowl. Toss to coat.
4. Scoop the tamale dough out into a 13" x 9" baking dish and smooth with a spatula (or your hands).
5. Spread the chicken and corn mixture evenly over the top of the sauce. Add black beans on top, followed by all of the shredded cheese.
6. Cover the dish with foil, using toothpicks to keep the foil from touching the cheese and sticking. Place the casserole dish on top of a rimmed baking sheet or other large oven-proof dish with tall sides (such as a roasting pan), and place in the oven. Once in the oven, pour the very hot water into the rimmed baking sheet so the tamale pie bakes in a bath of about two inches of water.
7. Bake for 45 minutes, then remove the foil and bake for another 10-15 minutes, or until the tamale base is set and cooked through.
8. Meanwhile, place the sliced red onion and sliced jalapeno in separate bowls. Cover with vinegar and let sit 1 hour to pickle.
9. When tamale pie is done, remove from oven and let cool 15 minutes. Top with chopped cilantro, scallions, pickled red onion and jalapeno. Serve with extra BBQ sauce.

## **Traditional Southern Fried Chicken**

<http://www.foodnetwork.com/recipes/traditional-southern-fried-chicken-recipe.html?oc=linkback> *(Recipe courtesy of Mary Bo Bo's, Nashville)*

Total time: 45 min

Prep: 15 min

Cook: 30 min

Yield: 4 to 5 servings

### **Ingredients**

1 (2 to 2 1/2-pound) chicken

2 eggs

1 cup milk

1 1/2 teaspoons salt

1 teaspoon pepper

1 1/2 cups self-rising flour

3 cups lard

### **Directions**

1. Cut the chicken into frying pieces
2. In a shallow bowl beat the eggs and then stir in the milk, salt, and pepper. Soak the chicken in the milk mixture for 5 to 10 minutes.
3. Roll the chicken in flour, being sure to completely cover each piece. Set aside to dry.
4. In a large cast-iron skillet melt lard over medium heat. When the fat is very hot add the thighs and legs and cook for several minutes. Add the other pieces, being careful not to overcrowd the skillet.
5. Continue cooking until the chicken is golden brown on one side (about 5 minutes).
6. Turn and brown on the other side. Reduce the heat to medium low.
7. Cover the pan and cook for 15 minutes. Turn the pieces, cover, and continue to cook for 15 minutes longer.
8. Uncover for the last 5 to 10 minutes so the crust will be crisp.

## **Rhubarb Cobbler**

<http://thepioneerwoman.com/cooking/rhubarb-cobbler/>

Prep time: 15 minutes

Difficulty: easy

Cook Time: 35 minutes

Servings: 12

### **Ingredients**

- 4 cups chopped rhubarb
- 1-1/2 cup sugar
- 1/4 teaspoon salt
- 2 tablespoons lemon juice
- 1/2 teaspoon almond extract (optional)
- 2 cups all-purpose flour
- 2 tablespoons sugar

- 1/4 teaspoon salt
- 1 tablespoon baking powder
- 1/4 cup vegetable shortening or lard
- 1/4 cup butter
- 1/2 cup whole milk
- 1 whole egg

### **Instructions**

1. Preheat oven to 400 degrees.
2. In a bowl, combine rhubarb, sugar, 1/4 teaspoon salt, lemon juice, and almond extract if using. Stir and set aside.
3. In a separate bowl, combine flour, 2 tablespoons sugar, 1/4 teaspoon salt, and baking powder. Stir together. Add shortening and butter, then cut together with a pastry cutter.
4. Beat egg and milk together. Pour into flour mixture and stir with a fork until just combined.
5. Pour rhubarb into a buttered baking dish. Tear off pinches of dough and drop it onto the surface of the fruit, creating a "cobbled" texture. Sprinkle additional sugar over the top.
6. Bake for 30 to 35 minutes, or until golden brown and bubbly. Serve warm with vanilla ice cream or fresh whipped cream.

### **About Coast Packing Company**

Coast Packing Company ([www.coastpacking.com](http://www.coastpacking.com)), a closely held corporation, is the number one supplier of animal fat shortenings – particularly lard and beef tallow -- in the Western United States. The company sells to major manufacturers, distributors, retailers, smaller food service operations and leading bakeries. The company participates actively in various ethnic markets – from Hispanic retail chains, with its VIVA brand, to various Asian specialty markets. Based in Vernon, Calif., Coast Packing Company is regional, national and, increasingly, global. In some cases, supplier relationships are multigenerational, extending back 50 years and more.

*For more information about Coast Packing Company, visit: [www.coastpacking.com](http://www.coastpacking.com). Follow us via social media on Facebook at [www.facebook.com/coastpackingco](http://www.facebook.com/coastpackingco), Twitter [@coastpackingco](https://twitter.com/coastpackingco) and Pinterest [www.pinterest.com/coastpackingco](http://www.pinterest.com/coastpackingco).*

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