



## Transitioning to Beef Tallow Shortening Frequently Asked Questions (FAQ)

### How to Use

#### *Is beef tallow harder to use than other oils?*

**No—beef tallow is just as easy to use, and in many ways, it simplifies kitchen operations.** While tallow is solid at room temperature and needs to be packed into a fryer, this is a simple process that only needs to happen when replacing spent fat. Once in use, tallow's resistance to breakdown and polymerization means fewer fryer cleanings, less equipment maintenance, and overall time savings. It's durable, forgiving, and performs exceptionally well under high heat.

#### *Do I need different equipment if I convert my kitchen to frying with beef tallow?*

**No additional equipment is needed.** Standard commercial fryers and cooking equipment work perfectly with beef tallow. Operators simply load the solid cubes into the fryer and allow it to melt. The key difference lies in tallow's efficiency—it holds up longer under heat and produces less residue, reducing cleaning time and ventilation strain.

#### *How often do I need to change out beef tallow compared to seed oils?*

**Less frequently—often 50% less.** Beef tallow has a longer "fry life" than common seed oils. Its stable fat composition makes it more resistant to breakdown at high temperatures, meaning it can be used longer before needing replacement. This reduces the frequency of oil changes, saving money on product and labor. For more information, please view our tutorial video on [How and When to Change Your Fryer Oil](#).

### *How do I load a fryer with tallow or cube shortening?*

**It's a simple packing process.** Loading beef tallow involves placing solid cubes directly into the fryer basin. As the fryer heats, the tallow melts evenly. This process only needs to be done when replenishing used fat. Because tallow doesn't degrade as quickly, this packing is required less often, and the fryers stay cleaner longer due to reduced polymerization. For more information, please view our tutorial video on [How to Pack a Fryer](#).

## Cost and Savings

### *Is beef tallow more expensive than other oils?*

**Not necessarily.** While packaging formats differ, the cost per pound is often comparable to commodity oils like soybean or canola. Moreover, beef tallow's longer fry life—often 50% longer—means fewer oil changes and significant cost savings over time.

### *How much does it cost to switch to tallow from seed oils?*

**Costs vary by operation.** While exact costs vary by operation, the switch typically requires **no new equipment** and uses fewer pounds of fat over time. Many kitchens find that beef tallow offers long-term savings thanks to its durability, reduced waste, and labor efficiency.

### *What are the expected savings?*

**Expect to save in oil changes, labor, and cleaning costs.** Beef tallow's extended fry life reduces oil changes, labor, and cleaning costs. Because it breaks down more slowly than seed oils, kitchens benefit from less frequent replenishment, lower waste, and better overall performance, which translates to real cost savings.

## Health Aspects

### *Does beef tallow contain artificial trans fats?*

**No.** Beef tallow contains zero artificial trans fats. These harmful fats were banned by the FDA in 2018, and tallow is naturally free of them.

### *What does it mean when beef tallow is deodorized?*

**It means impurities have been removed.** Deodorized beef tallow has gone through a heat and pressure process to remove impurities and strong aromas—no chemicals or bleaching agents are used. It's still a natural product, just with a milder flavor and aroma for broader culinary applications.

### *Is tallow really healthier than seed oils?*

**Beef tallow has plenty of health benefits.** Beef tallow is rich in monounsaturated and saturated fats, and it contains fat-soluble vitamins A, D, E, and K, along with anti-inflammatory fatty acids like oleic and linoleic acids. It also oxidizes less at high heat compared to many seed oils, which may reduce exposure to harmful compounds. Tallow aligns with current interest in minimally processed, nutrient-dense fats.

## Flavor Profile

### *Will it elevate the flavor profile of my food?*

**Absolutely.** Beef tallow enhances texture and flavor, delivering crispier, less greasy results with a more complex, savory taste. It's especially prized in fried foods, baked goods, and roasted items where deep flavor is a must.

### *How do I cater to vegetarians if we switch to tallow?*

**It's essential to use dedicated fryers to avoid cross-contamination.** Just as kitchens separate equipment for allergens like gluten or nuts, the same care should apply to vegetarian or vegan preferences. A dedicated vegetarian fryer ensures you can accommodate all dietary needs safely and respectfully.

## Solid vs Liquid Beef Tallow

*What is the difference between restaurant-quality beef tallow in solid form vs liquid form?*

**The difference is in how both are processed and the quality.** Liquid or pourable tallow goes through a process called *fractionation*, which separates the types of fats found in tallow, specifically saturated and unsaturated fats. The unsaturated fats are then solid as a liquid product; however, this method is considered unnatural and ultra-processed. Fractionation also removes many of the qualities that make tallow perform better than seed oils. Attributes such as extended fry life, reduced absorption, and decreased polymerization are significantly diminished. As a result, the lower yield, extra processing, and reduced fry life due to increased degradation make liquid tallow much more expensive than traditional than traditional tallow in shortening form.

In addition, because liquid tallow is ultra-processed and has inferior qualities compared to naturally occurring beef tallow, it is produced by fewer manufacturers. This can lead to increased susceptibility to supply chain issues and greater price spikes.

Solid tallow, on the other hand, is minimally processed, allowing it to retain all its natural benefits, including better results in frying and baking, lasting longer in the fryer, and being less vulnerable to supply chain issues. For operators focused on clean-label ingredients and reliable kitchen performance, solid tallow is the preferred choice.

