



Superior Farms

# 103675 - Lamb Caul Fat

High quality caul fat is hard to find. Caul fat is niche ingredient found in French cuisine, and charcuterie. Used primary for its fat content it's used to wrap terrines to keep the terrine moist. Caul fat is a neutral flavor with a slight minerally flavor. Caul fat is technically an offal.



## Nutrition Facts

Servings per Container  
Serving size

Amount per serving  
**Calories**

	% Daily Value*
<b>Total Fat</b>	<b>%</b>
Saturated Fat	<b>%</b>
Trans Fat	
<b>Cholesterol</b>	<b>%</b>
<b>Sodium</b>	<b>%</b>
<b>Total Carbohydrate</b>	<b>%</b>
Dietary Fiber	<b>%</b>
Total Sugars	
Includes Added Sugar	<b>%</b>
<b>Protein</b>	
Vitamin D	<b>%</b>
Calcium	<b>%</b>
Iron	<b>%</b>
Potassium	<b>%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### \* Benefits

Superior Farms is committed to providing you with American growth, high quality lamb from neighboring ranches. 100% Halal certified choice American lamb. Caul fat is increasingly difficult ingredient to source. It's quintessence ingredient in French charcuterie to for wrapping terrines and other uses. It's widely used to wrap Arabic style kababs when grilling. It is used as a casing for sausages, roulades, pts, and various other meat dishes. Examples of such dishes are Swiss atriou, French crpinette, Cypriot sheftalia, South African skilpadjies, Serbian pluna maramica and trbuna maramica and Italian fegetelli. In the traditional Ukrainian and Russian cuisine, caul fat, known as salnik or salnyk, was usually filled with kasha and liver, and baked in a clay pot in the Russian oven. The Navajo people of the Southwestern United States wrap sheep intestines around strips of caul fat to make a dish called ach'i'i.

### Ingredients

100% Lamb

### ⚠ Allergens

#### Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

### Handling Suggestions

Product comes bulk packed containing many sheets of caul fat. Before use soaking and rinsing recommended. Submerge in water to store. Add 1-2 tbsp of lemon juice to water. Use within a few days.

### Serving Suggestions

Typically used in French cuisine to wrap terrines, meatballs, and patties.

### Prep & Cooking Suggestions

Only soak what you want to use. The remaining can be and stored without soaking longer. Soak sheets in cool water for 1-2 minutes, gently agitate with hand, change water and repeat until water is clear and fat is bright white. Unused soaked sheets can be stored submerged in water with 1-2 tablespoons of lemon juice or vinegar. Use within a few days.

### 📄 Product Specifications

Brand	Manufacturer
Superior Farms	Transhulance Holding Co

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	10758	103675	90717497107589		1/10 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
10.89lb	10lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.68in	10.18in	5.5in	0.51ft3	10x10	475days	-5°F / -2°F



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## Nutrition Analysis - By Measure

Calories		Total Fat		Sodium	
Protein		Trans Fats		Calcium	
Total Carbohydrates...		Saturated Fat		Iron	
Sugars		Added Sugars		Potassium	
Dietary Fiber		Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol			
Vitamin A(U)		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

### Additional Images

