

Roy & Charlotte Lukes' Marvel Meal Suet mix

from redflannelpantry.com



2 cups lard (can find 1 lb container in refrigerated meat section of the grocery store)—no substitutions

2 cups chunky peanut butter (use whole 18-oz jar; get cheapest house brand on sale)

4 cups yellow whole-grain cornmeal (I use Hodgson's Mill 5 lb bag)

4 cups quick oats (get cheapest house brand on sale)

2/3 cup white sugar

2/3 cup white flour (in the winter); 1 cup white flour (in the summer)

Stove-top method: slowly melt lard in medium pot on stove, stirring frequently. Use low-heat setting so that it doesn't burn. When it's nice and hot, stir in peanut butter till melted.

Microwave method: put lard in large heatproof glass bowl and cook 1 minute on full power. Stir and cook another 45 seconds - 1 minute till melted. Stir well. Add peanut butter, cook 1 minute, then stir till melted and blended.

Pour lard-peanut butter mixture into large stainless steel or enamel bowl and mix in rest of ingredients. [per Charlotte Lukes: I have found that 2 cups white flour, as the original recipe calls for, makes the mixture too crumbly and difficult to push into the feeder we use.]

Spoon into several rectangular freezer containers with tight-fitting lids. Store in refrigerator till ready to use.

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Per Charlotte Lukes: I have a small metal spatula that we use to scoop out the mixture from the storage containers and then press it into the holes in the slab of wood that Roy made. The nice thing about this is that it doesn't melt in hot weather like suet does. You can also cut this into slabs and put them into mesh bags and hang them out for the birds. Just hang them where squirrels, blue jays, dogs and raccoons can't get at them.

Roy & Charlotte Lukes