

# jbfnotes

THE JAMES BEARD FOUNDATION MEMBER NEWSLETTER

from members to members *recipes*

## Member Profile

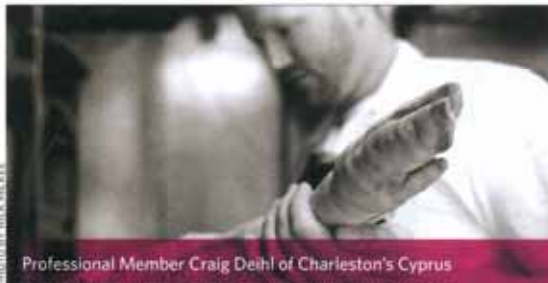


Photo by Brock Storer

Professional Member Craig Deihl of Charleston's Cypress

## Artisan Meat for All

As you can imagine, there is no shortage of delicious food around our offices. But a few months ago something arrived that really caught our attention: a box full of tender biscuits, a rillettes-like spread labeled "pork butter," and at least a dozen varieties of smoked and cured meats. The box was labeled "Artisan Meat Share."

We slathered the savory biscuits with the pork butter and broke into the packages whose contents were identified on strips of masking tape: coppa, mortadella, wild fennel salami, and more. We reached for the enclosed note to see where they were from—and how we could get more.

It turned out the box was from JBF Professional member Craig Deihl, executive chef of Cypress in Charleston, South Carolina. In addition to running his busy restaurant, Craig and his staff were embarking on a new project, based on the CSA (community-supported agriculture) model, called Artisan Meat Share.

The lucky few who signed up will receive a quarterly box filled with house-cured and -smoked meats, biscuits, and other goodies. When we spoke the week before the first pickup, Craig had sold out of his first 100 shares and there were at least 20 people on the waiting list.

Craig, who grew up near his grandfather's Pennsylvania farm, has a passion for local ingredients and time-honored techniques, like those that surrounded him when he was a kid.

A few years ago, he began purchasing whole animals to use at the restaurant, which led to the creation of his in-house charcuterie program. "We have a pork chop on the menu, but we use the rest of the pig for other things," he says, adding, "The cost parameters, when you do it properly, make a heck of an impact," he says.

These days, he gets whole pigs, chickens, turkeys, and eggs delivered to Cypress from the local Keegan-Filion Farms in Walterboro, and he drives his pickup truck (packed with insulation and a lot of ice) to MiBek Farms in Barnwell to bring whole cows back to the restaurant.

But it's what happens next—utilizing every part of these animals—that has motivated not only Craig but his cooks. When asked how he's able to run a successful restaurant while pursuing his passion project, he says, "The secret is having a really good staff."

➤ Find out more at [therealdeihlchef.com](http://therealdeihlchef.com).

## Member Recipe



## Lard Biscuits

Craig Deihl  
Cypress, Charleston, SC

Craig Deihl serves these biscuits alongside his charcuterie plate at Cypress, and includes them in his Artisan Meat Share boxes. We loved them with his homemade pork butter; Craig says they are also great with ham and mustard.

Makes 2 to 2½ dozen biscuits

5 ½ cups all-purpose flour	12 ounces very cold lard
3 tablespoons baking powder	1 ½ cups buttermilk
½ tablespoon fine sea salt	1 egg, beaten
2 tablespoons sugar	

▶ Preheat oven to 425°F. If using a convection oven, turn it on low or off.

▶ In a large mixing bowl combine the flour, baking powder, salt, and sugar. Use a whisk to combine. Add the lard to the flour. Using your hands, a pastry cutter, or two butter knives, cut the lard into flour. There should be pea-sized lumps of fat scattered evenly throughout the flour.

▶ Combine the buttermilk and egg and add to the flour-and-lard mixture. Mix until it just holds together.

▶ Dust a wooden cutting board or the countertop with flour. Place the biscuit dough on it. Fold the dough over itself two or three times, until it becomes smooth and firm. Dust the dough lightly with flour and roll out to a thickness of ¼ of an inch.

▶ Cut the biscuits using a 3-inch biscuit cutter and place two inches apart on an ungreased sheet tray. Shape the leftover dough into a ball, roll out again, and cut remaining biscuits. Discard any remaining dough.

▶ Bake for 15 minutes, until golden and puffy.

**Note:** Craig recommends using an aluminum-free baking powder such as Rumford.