



Fat-wash and go

With fat-washed cocktails all the rage in the States, **Victoria Brownlee** enlists Austin Hu and Yao Lu of Union Trading Company to find out how to make a chicken-washed 'Cock Tale'

The beauty of living in Shanghai is that you can pretty much get anything you need, and if you can't buy it directly, you can generally get it made. So rather than wait for Shanghai to catch up to the current trend in the US for making fat-washed cocktails from ingredients such as grilled cheese sandwiches and peanut butter, we decided to experiment ourselves. In search of a little expert guidance, our minds naturally turned to a place that we know loves both cocktails and meat – Union Trading Company. Always keen to play around with ingredients, owner Austin Hu and bar manager Yao Lu were more than happy to answer our call.

'The first time I heard about fat-washed cocktails was a couple years ago,' says Lu. 'I read an article about the bacon-washed bourbon created by Don Lee of Please Don't Tell in New York City. I thought it was a really interesting concept. Because, you know, bartenders are always finding new ways to introduce new flavours into their drinks, make them a little more special, create an experience for different people. But the flavour of fats in meat, that takes a little more thought.'

Thankfully, says Lu, 'the process itself is actually pretty simple.' Below, he presents a step-by-step guide on how to make your very own fat-washed cocktail at home:

The base

'We have a rosemary and black pepper-infused Scotch and so we are going to be fat-washing that with a chicken sausage. Rosemary, black pepper and chicken, it all makes sense, like a chicken stew.'

Step 1: Prepare your sausage

'Get the chicken sausage and dice it up really thin. The rule of thumb is that the more surface area, the faster it will

release the flavour. Then sautee it using vegetable oil.'

Step 2: Make a 'chicken sausage tea bag'

'Once cooled, wrap the sausage in cheesecloth, tie it, throw it into a jar, and fill it up fully with the rosemary and black pepper-infused Scotch. When it comes to infusions, the less booze, the more the ingredients infuse.'

Step 3: Label and leave to sit

'Once the booze has been added, close the jar up and label it. Always label your products and date them, especially when working with meat. Let it sit overnight at room temperature,

then get some flavour and taste it. Once you feel it's okay, throw it in the fridge, or preferably the freezer if you want to do it faster.'

Step 4: Strain through a cheesecloth

'Having spent the night in the fridge or freezer, the fat will have solidified and the mix can be strained to separate it from the liquor. Straining through cheesecloth is the best method to remove all the fat. The result is very savoury, sort of like chicken stock. It's pretty freakin' awesome.'

The Cock Tale

Ingredients

1 x dash of celery bitters
1 x bar spoon of thyme-infused sugar syrup (two parts sugar to one part water, to a handful of thyme)
2 ounces of chicken whisky
Garnish (a slice of lemon or a fried chicken wing)

Instructions

'Make the drink as you would an Old Fashioned, building the ingredients within the glass. Stir with a little ice, and then garnish with lemon or, alternatively, a chicken wing.'

Tasting notes

A super savoury, boozy, salty mix, with a hint of farmyard, tasting almost like a chicken roast.

The flavours of fats in meat take a little thought, but the process is simple



