

Cold Process Soap Addendum

To assist readers in making a “simple” soap that removes dirt using items which would hopefully be available in the event we are unable to procure our choice of ingredients, I present below a simple recipe that incorporates every “tallow” which I could find on the Internet that had a saponification (SAP) value. I would recommend the reader download and print a SAP chart for future reference if and when the day comes that the Internet is no longer available. If an ingredient has a SAP value, one can easily determine the amount of lye needed.

Simply Soap

	Ounces	SAP Value	SAP times Ounces
Corn Oil	5.000	0.135	0.675
Lard	5.000	0.138	0.690
Tallow, Bear	5.000	0.139	0.695
Tallow, Beef	5.000	0.140	0.700
Tallow, Deer	5.000	0.139	0.695
Tallow, Goat	5.000	0.139	0.695
Tallow, Mutton	5.000	0.138	0.690
Tallow, Sheep	5.000	0.138	0.690
Total	40.000		
Lye to be used			5.530
8% Superfatting			92%
Superfatted Lye to be used			5.087
Water (2.5 times Lye to be used)			12.719

In this example, I multiplied 5 ounces of each ingredient times whatever the SAP value was for that particular ingredient which gave me the “SAP times Ounces” values. These values summed result in the “Lye to be used” amount which would *completely* saponify all of the ingredients into soap. Because we are human, it is *never* wise to use this figure, but to add “superfatting,” thereby reducing the amount of lye that is actually used.

In this case, if 8% superfatting is incorporated, then the amount of lye actually used would be **5.530** ounces multiplied by 92% to give us the “superfatted lye to be used” of **5.087** ounces. This “superfatted” amount of lye multiplied times 2.5 gives us the distilled water to use of 12.719 ounces.

If you have a SAP value for *any* ingredient, you can easily ascertain the amount of lye and water to combine with the ingredient to make soap.