

Prosciutto di San Daniele

Instructions for use





Prosciutto di San Daniele



Prosciutto di San Daniele

NATURAL

Prosciutto di San Daniele consists solely of meat from Italian pigs and sea salt; it is free from additives and preservatives.

ITALIAN

It is produced solely using pigs born and bred in ten regions of central Northern Italy (Friuli Venezia Giulia, Veneto, Lombardy, Emilia Romagna, Piedmont, Marche, Umbria, Tuscany, Lazio and Abruzzo). Maturing takes place exclusively in San Daniele del Friuli.

UNIQUE

The micro-climate of San Daniele del Friuli, in combination with the technique and experience of the producers, makes San Daniele a unique and inimitable product. For this reason the European Union protects it as a Protected Designation of Origin (PDO) product.




MINISTERO DELLE POLITICHE AGRICOLE
ALIMENTARI E FORESTALI

Realizzato con il contributo
MIPAAF DM 41421 del 10/09/2013



Guarantee symbols and marks

THE TROTTER

The preservation of the trotter represents a homage to the traditional processing of Prosciutto di San Daniele, but it also has specific technical reasons. In addition to preserving the biological integrity of the thigh unchanged, the completeness of the joint is a factor which, in the maturation phase, facilitates the drainage of moisture even from the most difficult parts in respect of the force of gravity.



MARK OF THE CONSORTIUM

This is branded onto the rind under the supervision of the Istituto Nord Est Qualità (INEQ), only after an inspection has been carried out to ensure compliance with the requirements set out by the Production Guidelines. The two-digit number underneath the trotter is the producer's identification code.



TATTOOING OF THE FARM

Alphanumeric code consisting of the abbreviation of the province in which breeding took place, the identification number of the farm and a letter that indicates the pig's month of birth. The month of birth is used as a reference for when the pig has reached at least nine months of age as required by the Production Guidelines.

**PP
X00**

MARK OF THE ABATTOIR

Iron brand consisting of the abbreviation PP and the identification code of the abattoir, comprising a letter and a two-digit number.

**D.O.T.
16X07**

SEAL INDICATING THE START OF PROCESSING

Applied when the thigh arrives at the prosciutto factory. It comprises the abbreviation "D.O.T." (Protected Designation of Origin) and a date, which indicates the start of processing in the prosciutto factory and enables calculation of the maturation period.



Prosciutto di San Daniele



Organoleptic characteristics

COLOUR

The colour of the slice is pinkish red in the lean part, while the outer fat and intramuscular fat (the so-called “marbling”) are pure white.

AROMA

The aroma is delicate, and becomes more persistent as the maturing progresses. It is possible to recognise toasted (bread crust) undertones, hints of dried fruit and barley malt.

FLAVOUR

The flavour is delicate, the sapidity and typical aromas of the matured meat merge together, producing a pleasant and satisfying sensation in the mouth. When chewed, the consistency of the slice is velvety, not greasy, and dissolves in the mouth.

INTERESTING FACT

The microscopic granules of a certain consistency, which are sometimes found in the very middle of the lean part, are not salt granules: they are simply harmless crystals of tyrosine, a natural substance resulting from the ageing of the proteins, and an authentic sign of long maturation.



AVERAGE NUTRITIONAL VALUES PER 50 g PORTION

Energy value	Kcal 136		
Energy value	KJ 568		
Proteins	g 12,9		
Fats	g 9,3		
<i>of which:</i>			
- saturated fatty acids	g	3,3	
- monounsaturated fatty acids	g	4,3	
- polyunsaturated fatty acids	g	1,4	
Carbohydrates	g 0,1		
Sodium	g 0,89		
Phosphorus	mg	92	13,1 % RDA*
Potassium	mg	291	14,5 % RDA*
Zinc	mg	1,19	11,9 % RDA*
Vitamin B1 (thiamine)	mg	0,34	30,9 % RDA*
Vitamin B2 (riboflavin)	mg	0,10	7,1 % RDA*
Vitamin B6 (pyridoxine)	mg	0,52	37,1 % RDA*
Vitamin PP (vit. B3 or niacin)	mg	2,57	16,0 % RDA*

*RDA: Recommended daily allowance

Nutritional values

Prosciutto di San Daniele is made solely with meat from Italian pigs and sea salt. Thanks to its high nutritional value and easy digestibility, it is suitable for any type of diet: it is ideal for athletes, infants, the elderly and also for low-calorie diets.

It is an excellent source of high quality complete proteins, vitamins (in particular: vitamin B1, vitamin B6, vitamin PP) and minerals, especially phosphorus, zinc and potassium. The fats contained in San Daniele are largely mono-saturated or “good” fats.





Types available on the market

SHOP-SLICED

Shop-sliced San Daniele ham must be surrounded with plenty of fat (both around the edge of each slice and inside it) and must have a delicate pink colour. It should be eaten preferably within 12 hours from buying it.

PRE-SLICED

Pre-sliced means trays of ham – matured for a minimum of 14 months – sliced and packaged in a modified or vacuum atmosphere. The ham can only be sliced and packaged in the municipality of San Daniele del Friuli under the strict control of the Istituto Nord Est Qualità (INEQ). The pre-sliced trays can be recognised by the fact that the packaging always bears the typical mark, based on a graphic coordinated and regulated by the Consortium.



WHOLE ON THE BONE

Whole Prosciutto di San Daniele on the bone can be recognised by its guitar-shaped appearance and the presence of the characteristic trotter. Normally the weight of a whole ham on the bone is at least 8.5 kilos, and considerably greater weights are often found. The portion not covered by the rind has an outer protective layer called the “stucco”, comprising pork fat, cereal derivatives (flour), salt and pepper. The majority of producers use rice flour for preparing the stucco: this means that the product is also suitable for consumers who suffer from coeliac disease, as it does not contain any traces of gluten. The guarantee symbols and marks illustrated above are present on the rind.





Types available on the market

WHOLE DEBONED

Whole deboned Prosciutto di San Daniele is a ham which has had the internal bones removed, which considerably facilitates the subsequent slicing operations. The mark of the Consortium is always present on the rind of the whole deboned ham. Ham in this format is vacuum-packed in plastic bags and must be refrigerated.



DEBONED IN PORTIONS

Once Prosciutto di San Daniele has been deboned, it can also be sold in portions. The portions are vacuum-packed in plastic bags and the mark of the Consortium must always be shown on the rind.



How to slice and store Prosciutto di San Daniele





Parts of the ham



Glossary

HAUNCH BONE: That part of the hip bone that is visible on the whole ham where it is not covered by the rind.

RIND: dried skin of the pig; covers all of the pig thigh (except for the sectioned part). At the end of maturation, the rind is hard, compact and serves to naturally protect the product.

RUMP: end/side part of the thigh, which anatomically corresponds to the pig's gluteus.

SHANK: part of the ham opposite the rump.

SHIN OR LEG END: the narrowest part of the thigh, excluding the trotter.

MARBLING: intramuscular veins of fat visible in the lean part of the ham. The marbling does not include the surrounding fat.

HEAD OF FEMUR: round bone that protrudes from the portion of ham not covered by the rind.

TOP END: part of the ham opposite the trotter.

STUCCO: mixture consisting of pork fat, salt, pepper and cereal derivatives (flour). It is applied in the final period of maturation over the portion of ham not covered by the rind, in order to protect it.

SUGNA: see "stucco". Same composition as "stucco", but with a smaller quantity of flour. It is applied at the start of and during maturation over the portion of the ham not covered by the rind to both protect and soften it, thus preventing the meat underneath from drying out.

TROTTER: end part of the thigh, comprising the "foot" of the pig.

Whole ham on the bone

Hand-slicing with a knife

IMPLEMENTS REQUIRED:

- A suitable vice to keep the ham steady
- A sturdy derinding knife with a short blade
- A knife for hand-slicing with a long, thin blade
- A fork



Remove the rind, the outer “stucco” and the small haunch bone using the derinding knife.

It is important to remove only that part of the rind that is strictly necessary, to enable better preservation of the product. Derinding is then continued every time you start slicing again (progressive derinding).

Secure the ham on the vice, keeping the previously derinded part upwards.

Start slicing, always using both hands, one to grip the thin-bladed knife and the other to hold the fork: this strategy enables a balanced body posture during slicing. The slicing motion must progress from right to left (or vice versa for left-handed people) with a light sawing motion which involves the entire length of the knife blade, without pressing too hard. The slice thickness can vary according to taste.

Then *cut the slices* until you reach the femoral bone, occasionally removing the rind and the outer “stucco”. Upon reaching the bone, *turn the ham* over from the shank side, remove rind and “stucco”, secure the ham on the vice again and continue slicing from this side.

Whole ham on the bone

Hand-slicing with a knife



1 Remove the rind and the outer stucco



2 Remove the small haunch bone



3 Secure the prosciutto on the vice, with the previously derinded part upwards



4 Start slicing from right to left (or vice versa for left-handed people)



5 Cut the slices until you reach the femoral bone



6 Upon reaching the bone, turn the prosciutto over the shank side and continue slicing



Whole ham on the bone

Machine slicing

IMPLEMENTS REQUIRED:

- A slicing machine (manual or electric)
- A sturdy derinding knife with a short blade



Remove the small haunch bone, the rind and the outer “stucco” using the appropriate knife. If desired the trotter can also be removed in this phase: if this is difficult, request the help of a reliable butcher.

Position the ham on the slicing machine from the previously derinded section and start slicing, until you reach the head of the femur.

Remove the meat around the bone with a knife, ascending to the head of the femur, so that the femur can be removed.

Turn the ham from the top end section and, after removing the rind and “stucco” on this side, resume slicing. When only the leg end remains, remove the internal bone.

NOTE

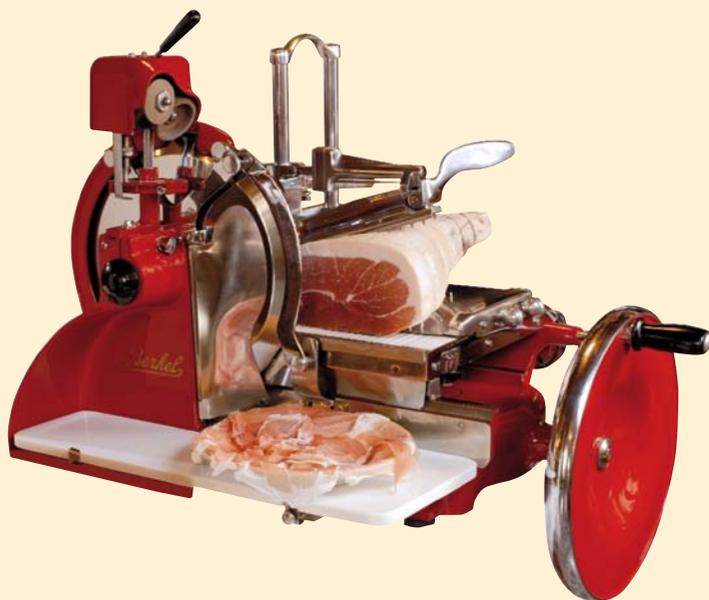
Only for the most expert operators, since the procedure described below, if not properly applied, can result in substantial product wastage.

Whole deboned ham

Machine slicing

IMPLEMENTS REQUIRED:

- A slicing machine (manual or electric)
- A sturdy derinding knife with a short blade



After removing the ham from the vacuum packaging, *wipe the light greasy film from the surface of the ham* using paper or a clean cloth.

Remove the rind from the shank side, which is the leanest, driest part, only in the section that will be subsequently sliced. In this phase it is important not to remove too much subcutaneous fat. In addition to having an important protective action, the covering fat enhances the release of the typical flavours and aromas of Prosciutto di San Daniele.

Position the ham on the slicer so that the part with the surrounding fat is uppermost, while the pinkish red portion rests on the plate of the slicer.

Start slicing. Every time you reach the rind with the blade of the slicer, repeat the operation. Slice the entire shank and then turn the ham and resume slicing from the top end. The fat-covered part must always remain uppermost.

It is advisable to machine-slice the ham after appropriate refrigeration, in order to facilitate clean cutting of the slices by the machine.

Whole deboned ham

Machine slicing



1 Wipe the light greasy film from the surface of the prosciutto



2 Remove the rind from the shank side



3 Do not remove too much subcutaneous fat



4 Position the prosciutto on the slicer with the surrounding fat uppermost



5 Start slicing



6 Slice the shank, then continue with the top end



Deboned in portions

Hand-slicing with a knife

Slicing can be performed as for any other delicatessen product, i.e. using a well sharpened knife and chopping board. The slices can be of any thickness.

IMPLEMENTS REQUIRED:

- *A chopping board*
- *A sturdy derinding knife with a short blade*

After removing the piece of ham from the vacuum packaging, *wipe* the light greasy film from the outside of the ham using paper or a clean cloth.

Remove the rind as explained in the section dealing with whole deboned ham.

Position the piece of ham on the chopping board, so that the portion with the covering fat is always uppermost, and start hand-slicing.

Deboned in portions

Machine slicing

Follow the same procedures as described for whole deboned ham.

IMPLEMENTS REQUIRED:

- *A slicing machine (manual or electric)*
- *A sturdy derinding knife with a short blade*

After removing the piece of ham from the vacuum packaging, *wipe the light greasy film from the outside of the ham* using paper or a clean cloth.

Remove the rind. If you are dealing with a deboned ham cut lengthwise, remove the rind from the top end section. If you are dealing with normal portions, remove the rind from the widest section: this will provide larger and more uniform slices.

Position the portion on the slicer so that the covering fat is always uppermost, while the pinkish red part rests on the plate of the slicer. *Start slicing.*



Methods of preservation

SLICED ON THE DELICATESSEN COUNTER

Prosciutto di San Daniele sliced on the delicatessen counter must have a good covering of fat (both around the edges and inside the slice) and a delicate pink colour. The storage conditions and the temperature at which Prosciutto di San Daniele is sliced can significantly affect the organoleptic characteristics.

To enhance enjoyment of ham sliced on the delicatessen counter, it is recommended that it is consumed at once, one or two hours after purchase and at any rate within 12 hours, keeping it in the fridge in the meantime at a temperature between +1°C and +7°C.

PRE-SLICED IN TRAYS

These packs are kept in the fridge, at a temperature between +1°C and +7°C and opened 5/10 minutes prior to consumption.

The maximum storage time for sealed trays kept in the fridge – always shown on the packaging – is 120 days.

WHOLE ON THE BONE

The ham must be kept in a cool, dry place (or at room temperature, from 15 to 20 °C) until use. After the ham has been sliced, the exposed part must be covered with transparent film or foil and the product replaced in the fridge. After putting the ham in the fridge, it is advisable to consume the product within a maximum of one month. When you start cutting the ham again the first slice should be discarded, since as it is on the top it tends to oxidise and dry out excessively.

DEBONED WHOLE OR IN PORTIONS

After removing the ham from the vacuum packaging, you must:

- Cover the outer cut part with transparent film or foil;
- Wrap the entire ham in suitable material (film, foil, disposable paper), to avoid the absorption of other odours;
- Replace the ham in the fridge at a temperature between +1°C and +7°C

The ideal would be to divide the deboned ham into two or three portions and vacuum-pack these. The use of vacuum allows the fragrance of the ham to be preserved for longer. It is important to always discard the first outer slice before continuing to slice the ham.



Become a connoisseur

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