

HOMEMADE RAW HAM RECIPE



Germany, Italy, Spain, France and Portugal currently produce the best raw hams in the world. The word ham comes from the Italian prosciutto, which in turn came from the Latin pro (before) + exsuctus (exudation).

The recipe will follow the one most similar to the Parma or Prosciutto di Parma raw ham, of Italian origin. There are many variations and ways to come up with a good product.

Raw ham is one of the noblest products of the charcuterie, its simplicity contrasts with the richness of aromas and flavors of the final product, being a delicacy made with 3 ingredients, that is, pork shank, salt and time, and for that it takes patience, knowledge of the basic process and dedication to achieving a quality product.

The type of animal and the diet make all the difference in the final quality of the raw ham. Unfortunately, it is difficult to find a free-range animal that is properly fed, so meat from the fridge is used, which does not have the ideal weight, age or nutrition, but has good sanitary control.

Raw ham will not have the same quality as one made with an ideally bred animal, but it is still possible to obtain an excellent product.

Ingredients:

Raw ham

3 kg pork shank

4 kg coarse salt

Sugna

200 g lard pork

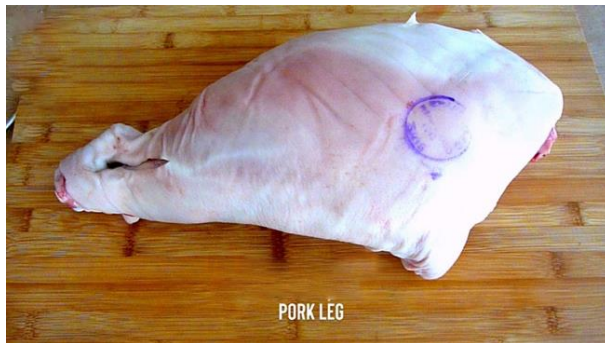
400 g rice flour

1 tbsp rosemary natural extract, a natural antioxidant

2 g black pepper

Preparation:

1. Trim the ham to a compact oval shape without too many burrs or loose pieces of meat.
2. Remove the bone attached to the femur, leaving the rounded tip of the connecting bone exposed.
3. Remove excess skin and connective tissue and keep as much fat as possible, it is not recommended to remove too much skin, excessively exposing meat and fat as the skin is a protective layer.



4. The salting process can vary according to the producer and a simple traditional rule can be used which is to leave the ham soaked in salt for 40 hours for each 1 kg of ham weight. Thus, a 3 kg ham, for example, will be immersed in salt for 120 hours or 5 days.
5. There are other more precise, slower and stepwise ways to salt the ham, but as a general rule of thumb this time by weight is the easiest way.

6. Make a layer of salt in a plastic box, lay the ham on this bed with the part with the most leather facing down.
7. Cover the meat with salt, massage and fill in the spaces.
8. Cover the rest of the ham with a layer of salt.
9. Leave immersed in salt for 40 hours for each 1 kg of ham weight.
10. After the period in salt, wash the ham well and remove any excess salt.
11. To start the maturation step, hang the ham in a place with a temperature of 12° C to 14° C and with a relative humidity close to 80% until it loses 30% of its weight.



12. For sugna mix the ingredients until smooth.
13. After losing 30% of the initial weight, apply a layer of sugna where the meat is exposed and return to the chamber with the same controlled temperature and humidity.



14. The sugna will prevent excessive drying of the region where the meat is exposed.
15. During this step the raw ham will naturally develop complex flavors and aromas and this step is crucial for the product to acquire a superior quality.
16. Keep in chamber for 6 to 12 months.

17. After this time the raw ham can finally be consumed.

18. Thinly slice just what is needed for immediate consumption and then store the remainder wrapped in PVC film in the refrigerator.

19. Remove from the refrigerator 30 minutes before consuming to room temperature to favor the release of aromas and flavors.

Example of process data:

Original shank weight: 2922 g

Clean shank weight: 2652 g

Start of salting: 15/08/2020

End of salting: 20/08/2020

Start of the maturation process in the chamber: 20/08/2020

End of maturation: 20/08/2021

