

## JAMBON



Cooked and cured hams are frequently seen in French charcuterie, but different regions are known for different types. Jambon de Paris is a three-muscle, lean, low-fat ham wrapped

in its own skin and cooked in its own juices. It's flavored with nothing but salt—with little else to distract from that flavor, it's important that the meat be high-quality.

Jambon de Paris is the perfect slicing ham, typically cut thin and served with butter on baguettes, or on croques monsieurs and croques madames.

Jambon de Bayonne is the quintessential French cured ham, the country's equivalent of Italian prosciutto di Parma or prosciutto di San Daniele. It comes from the city of Bayonne in southwest France, a city cut in two by the Adour River, which sits in the shadows of the Pyrenees Mountains.

Jambon de Bayonne is a regionally protected foodstuff under PGI (protected geographical indication) a designation that covers goods whose production, processing, or preparation takes place in a specific area.

To qualify, the ham must be cured with salt from the Adour River basin only.

Thinly sliced, a piece of Bayonne ham tastes like a cool glass of clean river water. It's slightly salty, evidence of the Adour River's proximity to the Atlantic Ocean, and then sweet from traces of pork fat that melt on your tongue.

The minimum age for a jambon de Bayonne is only seven months, but a longer cure will give it a more intricate and nuanced flavor.

Jambon de Bayonne or Bayonne ham takes its name from the ancient port city of Bayonne in the far South West of France.

This premium cured ham is salted and hung to air-dry for a minimum of seven months, with the best being cured for 12 months.

Only eight distinct breeds of pig can be used in jambon de Bayonne production. The regulations concerning diet, care, transport, slaughter and fat content are also very specific otherwise it cannot be called Bayonne ham.

Taste-wise, jambon de Bayonne has a delicate flavour, is slightly sweet and doesn't taste overly salty. Because Bayonne ham tends to be chewy compared to other hams, it's usually sliced paper thin.