

UNITED KINGDOM COLD CUTS



The Rise of British Charcuterie

In Commonwealth countries, luncheon meat specifically refers to products that can include mechanically reclaimed meat and offal. In these countries, the terms cold meats, cooked meats, deli meats, or sliced meats are used, instead.

How the England overcame its climate problems to finally make cured meats on par with its European neighbors.

So, we would think that the Britain, with its proximity to neighbors France and Italy, would have a much better national cuisine than its international reputation suggests. The fact that the Brits share plenty of equivalent dishes with o the Gallic neighbors such as beef Wellington, boeuf en croute, roast chicken, poulet rôti and so on, suggests that similar solutions were found when presented with remarkably similar ingredients and resources.

But while Spain and Italy boast hams of Biblical repute and even France and Germany have their Bayonnes and Black Forests, the United Kingdom remains without international recognition. Britain's had a big history of cured meats and some dry cure, but never a history of dry cured meats that were ready to eat. So, in Britain they cured bacon or hams, and

sometimes they would air-dry them for a very long time and cure them in a lot of different spices. But they would never slice them and eat them.

The climate is a huge factor in this and while in Europe, weather systems are very settled, the notoriously fickle British weather has a huge effect in determining the final product.

The United Kingdom have to control every step of the process. They know when it's going to be very dry and when it's going to be very wet, but doesn't in the United Kingdom. The humidity is a disaster for air-dried products, so should have to regulate it.

But since the first pioneers took the initial steps of experimenting with producing salamis and cured hams in Britain's temperamental climate, there has since been an explosion in small businesses producing and selling world-class dried and cured pork products to make a devotee to the cause weep with joy.

The craft revolution has hit beer and bread, now British charcuterie is having a moment. The British charcuterie movement started gaining momentum two decade ago. Back then, British and charcuterie weren't two words commonly paired.

But something changed and new appreciations for spending more to get more, a want for fewer food miles and an emphasis on localism and an expanding consciousness for animal welfare contributed to a meat curing boom.

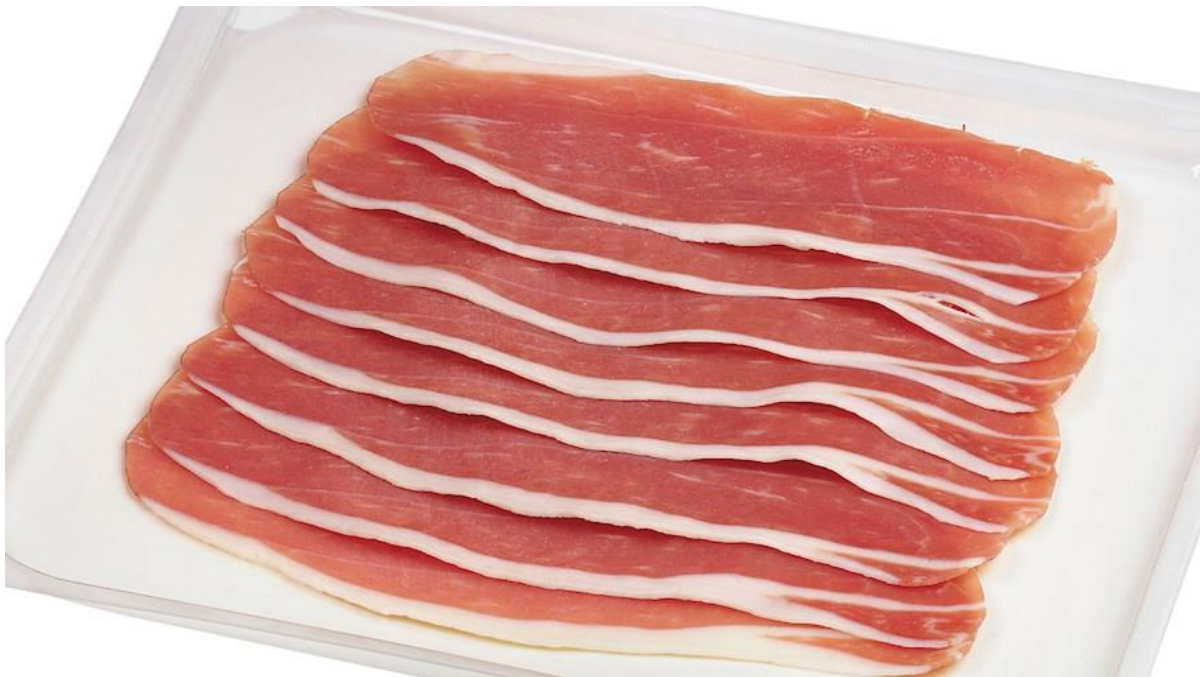
Finally, British meat is exceptional and it have higher welfare standards than many of neighbors, and a rich, diverse stock of breeds, and this makes for a fairer and tastier end product.



3 MOST POPULAR BRITISH CURED MEATS



Carmarthen Ham

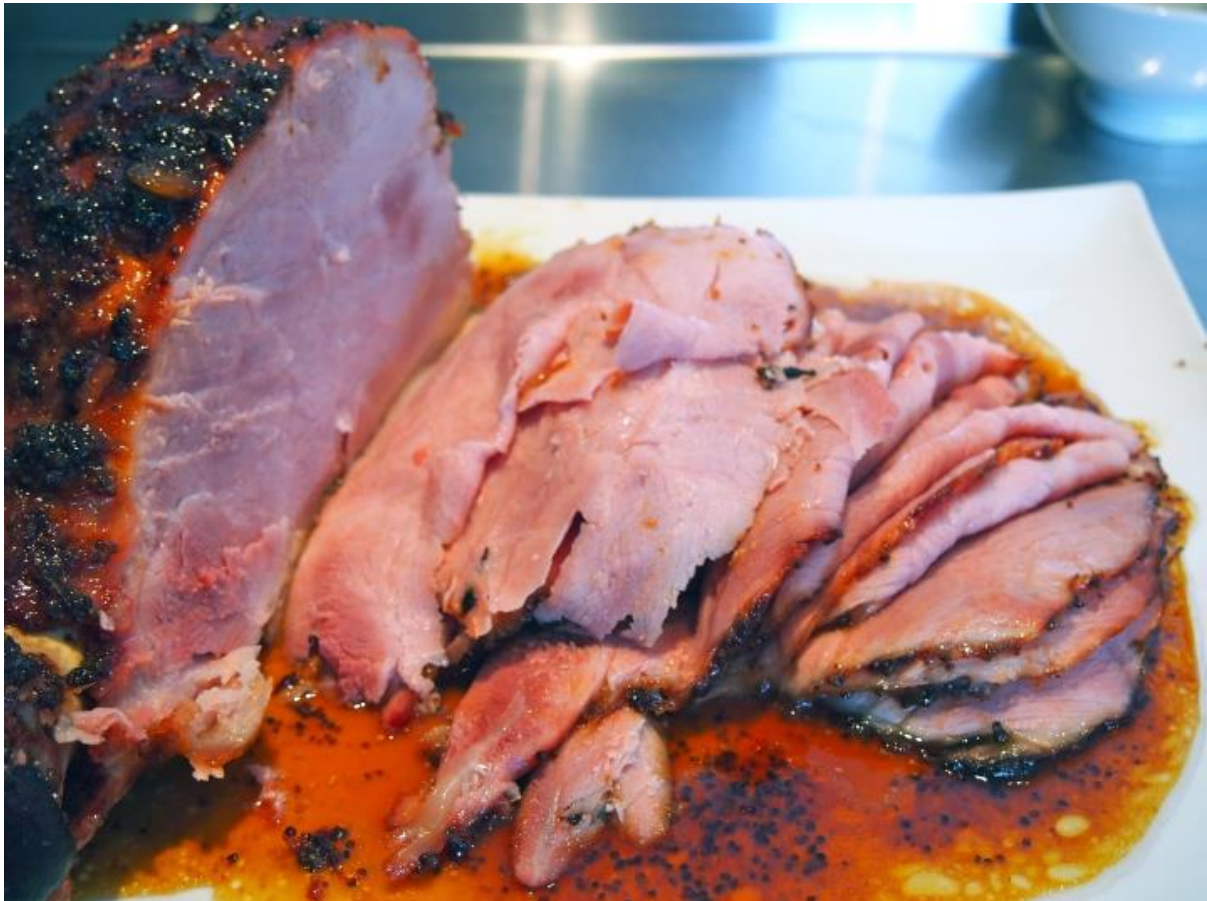


Carmarthen ham is a traditionally made ham from the Carmarthen area in West Wales that is dry salted and air-dried, and then sold either whole, boneless or thinly sliced and vacuum-packed. It's made from pork legs and matures for six to nine months.

It is dark beige on the outside, and deep pink to dark red on the inside, when sliced. Also, cream-colored fat is interspersed throughout.

Its flavor is salty, sweet and mellow, while the texture is springy and tender. It can be used in salads, served with melon, wrapped with asparagus or paired with cheese.

Mutton Ham



Mutton ham is a cured meat product made by dry-curing a leg of mutton. Sheep have been grazing the hills of Scotland from time immemorial, hence mutton was more common than pork in this region.

The need to preserve the meat gave rise to various preserving methods, including the preparation of mutton hams.

Traditionally, a leg of mutton is thoroughly rubbed with salt, sugar, saltpeter, and spices such as cloves, nutmeg, pepper, and allspice. It is then left to cure for about two weeks before being hung to dry. The ham can be smoked or unsmoked (green), and it is typically boiled before consumption.

Ayrshire Bacon



Consisting of a specific cut that contains both pork belly and pork loin, Ayrshire bacon is cured back bacon that is available in both smoked and unsmoked or green versions.

The bacon is typically made by curing the skinned and deboned cut obtained from free-range Scottish Large White-Landrace pigs in a unique brine called the Ayrshire cure.

After soaking for a day or two, the bacon is drained well before it is allowed to mature for two or three weeks. This bacon is recognized for its dark pink color and creamy fat, its slightly cured flavor, and its ability to fry to crispy perfection as Ayrshire bacon contains no water.

9 MOST POPULAR BRITISH SAUSAGES



Newmarket Sausage (Newmarket - England)



Newmarket sausages are traditionally made exclusively from high-quality fresh pork cuts from the shoulder, belly or from the whole carcass, and then carefully seasoned with a variety of herbs and spices such as white and black pepper, salt, thyme, parsley, and nutmeg.

When uncooked, it is pink-beige and has a dry, coarse texture. Originally, it was eaten as a breakfast meal or a hot snack by the racegoers in Newmarket, a town famous for its horse races. Newmarket sausages are sold today as pre-packed regular sausages, cocktail sausages, chipolatas and as sausage meat, or loose from the counter.

Hog's Pudding (Devon - England)



Hog's pudding is a traditional sausage-like meat product from Devon and Cornwall. It is quite spicy and contains flavorings such as basil, garlic, cumin, and black pepper. The sausage is typically prepared with pork meat or offal, pork fat, bread, suet, and either pearl barley or oatmeal.

The combination of those ingredients is usually stuffed into an ox gut casing, and the sausage is traditionally fried in a pan or baked in an oven.

Battered Sausages (United Kingdom – Europe)



Battered sausage is a simple dish consisting of a sausage that is dipped in batter and deep-fried in hot oil.

The dish is popular throughout the United Kingdom, Ireland, New Zealand, and Australia. In the United Kingdom, sausages are often dipped in the same batter where fish was battered, and they are also served with chips on the side.

In County Meath, Ireland, the sausages are split after frying, filled with onions, and drizzled over with ketchup.

Stornoway Black Pudding (Lewis and Harris – Scotland)



This sausage-shaped pudding has a rich, deep red to deep brown color when raw, and the ingredients used in preparing it are top quality beef suet, oatmeal, onions, blood (sheep's, cow's, or pig's), water, salt, pepper, and sausage casings. Absolutely no other seasonings are allowed.

The texture is moist, firm, and rough and the roughness is a result of the oatmeal used in the process.

When the pudding is cooked, it is almost black and retains its shape.

The meat inside is moist, full, savory, and non-greasy, without lumps of fat that can be seen in the Irish and English versions.

Traditional Cumberland Sausage (Cumbria – England)



What differentiates Traditional Cumberland sausages from other sausages is their distinctively long and coiled shape.

This English delicacy is pink in color, made from seasoned pork, and has a coarse texture. It consists of several basic ingredients: ground pork meat, rusk, water or ice, and seasonings and spices such as pepper, salt, thyme, nutmeg, and cayenne pepper.

Cumberland sausage must be made in the county of Cumbria using traditional methods. For a nice hearty supper, try this succulent sausage roasted with Cumberland sauce, potato mash, and fresh watercress on the side.

Vegetable Roll (Northern Ireland – Europe)



Although the name might suggest otherwise, vegetable roll is a beef product that is shaped like a large sausage. It is lightly seasoned with fresh herbs and spring onions.

Fried or sliced and grilled, vegetable roll is a staple of Ulster Fry, but it can also be served on its own, paired with mashed potatoes and beans for dinner.

This savory treat has been made since 1954 by Hull's company, but it is said that vegetable roll dates back well before that time. Many believe that it became popular in the years after the war, when rationing beef could be forgotten and meat was plentiful once again.

Saveloy (England – Europe)



Saveloy is a bright pink, heavily seasoned sausage that is typically served in fish and chip shops throughout the country.

Originally, it was made with pork brains, but nowadays it is prepared with a combination of beef, pork, spices, and rusk.

People often compare its flavor with red pudding or frankfurters. Saveloy must be cooked before serving, and it is usually boiled, grilled, or fried in batter.

For the best experience, it is recommended to serve it with chips on the side. However, in the North East of England, saveloy is commonly consumed in a sandwich with pease pudding.

Bangers and Mash (England – Europe)



Both a regular favorite for either lunch or dinner in many English pubs and a filling homemade meal, bangers and mash consist of large pork or beef sausages filled with savory juices, served on top of buttery mashed potatoes and accompanied by a bittersweet onion sauce that is golden brown in color.

The sausages started to be called *bangers* just after World War I, due to the fact that water was added to stretch the meat, so the fried sausages would burst loudly with a bang. It is recommended to use the bangers made by butchers who use natural casings and a mix of pork and just enough fat to preserve the flavorful juices.

Black Pudding (Europe – England)



Black pudding is a famous British delicacy made from animal blood (usually from pigs), oatmeal, and fat.

The combined ingredients are stuffed into a casing, and the sausage can then be fried, grilled, boiled, sliced, or crumbled.

In Manchester, it is traditionally boiled and served with vinegar, while in other parts of the country, it is often a part of the traditional full English breakfast.