



GENUINE PARMA HAM

(Source: Consorzio del Prosciutto di Parma)

Protected Designation of Origin (PDO)

A TRADITION OF EXCELLENCE

You should know that Parma Ham is:

- Produced only in the province of Parma, in North-Central Italy
- Produced with only four ingredients: The hind legs of specially bred and fed Italian pigs, sea salt, air and time
- Air-cured a minimum of 12 months and up to 30 months
- A natural product; no additives allowed
- Identified as authentic by the five-point Ducal crown branded into the ham
- Easily traceable through all stages of production by its various quality control inspection stamps and markings
- Certified PDO (Protected Designation of Origin) by the European Union

The production of genuine Parma Ham is the story of a special relationship between man and nature. Since Roman times, the unique conditions of the Parma region have made it possible to produce the highest quality hams which have been appreciated by gourmets for centuries.

Four **natural** ingredients – and nothing else - are necessary to make Prosciutto di Parma: Italian pigs, salt, air and time; genuine Parma Ham is characteristic due to its **total lack of preservatives and any other dubious substances** often associated with modern ham production.

The secret of Parma Ham's delicious, sweet flavour begins with a careful and accurate selection of the raw materials: **the pigs**. The feeding of the swine and the breeding techniques are also regulated to ensure a heavy pig in an excellent state of health and a suitable Quality standard. The hams are made from the rear legs of the animal, aged for a **minimum of 400 days**. During the process, the hams are initially salted, then rested, air dried and finally aged in special caves. The humidity and temperature vary at each stage in order to ensure the ham cures correctly, absorbing salt and losing water.



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All Producers of Prosciutto di Parma share one goal: To cure a leg of pork with an absolute minimum of salt in order to keep the meat as sweet-tasting and as supple as possible

The ducal Crown

At the end of the ageing period the hams are ready for the **ducal Crown** – the official stamp of certification. Qualified inspectors test the hams with a horse bone needle and issue a quality judgement based on the taste, colour and aroma; only the best hams are branded with the ducal Crown. Genuine Parma ham can be recognised at a glance: The ducal Crown is the final guarantee of quality and authenticity .

Nutrition

Parma Ham is low in cholesterol, high in protein and additive. These nutritional benefits and its good flavor make it an ideal food for everyone, children, the elderly, athletes to those hypocaloric diet. During the curing process, proteins are mostly cracked and pre-digested by enzymes creating free amino acids. This means Parma ham is very easy to digest, making it perfect for eating on the go such as during working lunches. Alone and on platters, Prosciutto di Parma should always be served **paper thin** and at room temperature. For a classic Parma-style antipasto, arrange three to four slices on a plate, accompanied simply by bread and a fruity white Wine. Also traditional are fig and melon partners. Prosciutto di Parma also adds enormous elegance to salads and is an ideal ingredient for season cooked dishes.