



Taste what Europe does best.

About Prosciutto di Parma PDO:

About The Consorzio:

- The Consorzio del Prosciutto di Parma was established in 1963 by 23 producers who wanted to protect and promote their product throughout the world.
- Since then, production has been regulated by strict laws, defining the quality characteristics of Prosciutto di Parma PDO, identified by the Parma Crown branded on every ham.

The History and Heritage:

- Prosciutto di Parma PDO was born more than 2,000 years ago. Cato the Censor was among the first to mention the extraordinary flavor of the air-cured ham made around the town of Parma in Italy.
- Prosciutto di Parma PDO is made using traditional methods perfected over centuries. Salting is still done by hand in the original way by the “*maestro salatore*”, the saltmaster.
- Prosciutto di Parma PDO is aged for a minimum of 14 months and in some cases is cured for over 36 months.

How to identify Prosciutto di Parma PDO:

- The Parma Crown is branded on every leg of Prosciutto di Parma PDO at the end of the curing process. If you see a leg of prosciutto without the Parma Crown, it's not Prosciutto di Parma PDO.
- The crown is also present on all pre-sliced packages of authentic Prosciutto di Parma PDO; look for the gold Parma Crown located on a black triangle in the upper left corner of the package.
- The signature symbol signifies that you're buying a 100% natural product: no additives, preservatives, nitrates or hormones, just Italian-bred pork and sea salt, ~~air and time.~~

The Aging:

As Prosciutto di Parma PDO ages, the flavor becomes more complex.

• Prosciutto di Parma PDO – Aged 14-16 Months:

- The ham is less dry at this age and is still developing its full flavor. Since it is still fairly mild in taste, it can be used in many different ways and recipes.
- Use for appetizers, cooking, fillings for pasta or when making a cooked recipe.

• Prosciutto di Parma PDO – Aged 16-24 Months:

- The prosciutto flavor is slightly more defined and present.
- Often described as nutty or earthy, it is best eaten alone or as part of a charcuterie board to balance out other flavors.

- **Prosciutto di Parma PDO – Aged 24-36 Months:**

- Prosciutto di Parma PDO from two years and beyond should never be cooked, and only eaten as is or with mild cheeses that don't compete with its flavor.
- This older age has a taste that's more mature and full-flavored, and is pleasantly drier, with less moisture.

Did you know?

- The only ingredients allowed by the production specifications for Prosciutto di Parma PDO are pork and sea salt.
- The distinct characteristics of Prosciutto di Parma PDO lie in its protein content; moreover, the richness in free amino acids which are a result of the curing process, giving it a very high overall digestibility.
- With reference to lipids, the fraction of unsaturated fats present in Prosciutto di Parma PDO is considerably higher (64.9%) vs. saturated fats (35.1%), with a strong presence in the form of oleic acid (45.8%).

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