



WHAT CAN WE LEARN FROM OUR IBERIAN CURED HAM?

So that we can all differentiate,
taste and appreciate the high quality
of our products, **the Ministry of Agriculture,
Food and the Environment**
has created Alimentación.es.

A didactic project to learn to distinguish
and choose our food.

This is the case of Iberian cured ham,
a reference product on our table. And here,
we will explain all the steps in the right way
to cut and enjoy all its flavour,
aroma and texture.

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all the information on our foods.

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DID YOU KNOW
THAT TO SLICE
A HAM PROPERLY
YOU NEED THREE TYPES
OF KNIFE?

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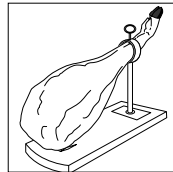


SLICING IBERIAN HAM, STEP BY STEP.

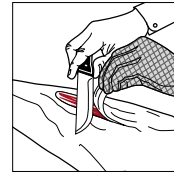
1. HAVE THE RIGHT TOOLS TO HAND:

- **Three kinds of knife:**
 - **A butcher's knife** (with a broad, strong blade) to remove the rind and fat from the outside of the Iberian ham.
 - **A ham knife** (with a narrow, flexible blade) to slice the ham.
 - **A boning knife** (short, strong blade) to cut around the hip joint.
- **A sharpening steel**, to keep the knives perfectly sharp.
- **A ham holder** to cut the Iberian ham safely and comfortably.
- **Protective gloves.**

2. PLACE THE HAM IN THE HAM HOLDER

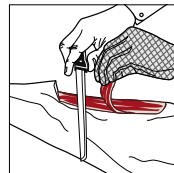


The foot should be pointing upwards to ensure the ham is properly held. If you are going to eat the Iberian ham within three days, slice the entire ham. Otherwise, the ham should be laid bare as it is sliced.



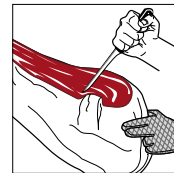
3. REMOVE THE RIND AND THE OUTER LAYER OF FAT

Use the broad-bladed butcher's knife to remove the rind and the outer layer of fat and make a deep cut along the leg.



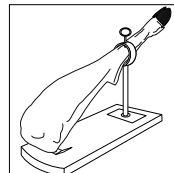
4. BEGIN TO CUT SLICES FROM THE THIGH

Use the ham knife to cut slices from the thigh - the thickest part of the ham. The slices should be as small and thin as possible and should include the intramuscular fat, where possible, to make them even more juicy. Always slice in the same direction - either toward or away from the hoof. Avoid creating a concave bow when you slice the ham.



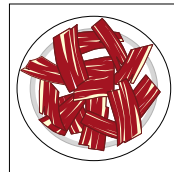
5. MAKE A DEEP CUT WHEN YOU REACH THE HIP BONE

When you reach the hip bone, make a deep cut all around the bone using the boning knife. The meat attached to the bone can be cut into strips and cubes.



6. TURN THE HAM AROUND WHEN THE HAM HAS BEEN REMOVED FROM THE THIGH

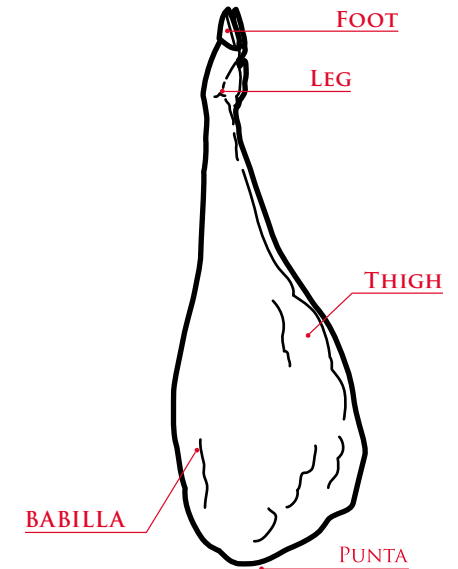
When all the ham has been removed from the thigh, turn the Iberian ham around, with the foot pointing downwards and continue to slice until you reach the bone, leaving it completely clean.



7. ENJOY

Place the slices in a single layer or slightly overlapping on a plate. Now your Iberian ham is ready to delight

PARTS OF THE HAM FOOT



HELPFUL TIPS:

1. To prevent accidents, always keep your hand behind the knife.
2. To conserve the Iberian ham, the cut area should be covered with thick pieces of fat and rind, so that the fat on the surface is always fresh.
3. Iberian ham should not be eaten cold or kept in the fridge, as this will cause it to lose some of its flavour. The optimum temperature for eating Iberian ham is 24°C.
4. You should not cut more Iberian ham than you will eat.
5. The bones can be cut into 10-cm or 12-cm pieces with a saw and used to produce exquisite broths.