

# Italian salumi



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ITALIAN TRADE COMMISSION  
GOVERNMENT AGENCY



## WHAT IS THE ISTITUTO VALORIZZAZIONE SALUMI ITALIANI

The Institute for the Promotion of Italian Salumi has been working since 1985 with the objective of increasing awareness of Italian preserved meats, both in Italy and abroad, and to disseminate accurate information about the cultural, production, culinary and nutritional aspects of these typical products.

The Institute has always been committed to the promotion of market research, technical enquiries, product analyses and studies of the market's principal aspects and problems. In addition, it has conducted various information campaigns.

Since its founding, the Institute has collaborated with major Italian institutions and, in agreement with the competent ministries and with the Italian Trade Commission, it has promoted and monitored the development of the Italian food processing sector. And it has labored to make Italian production in this sector known and appreciated at home and abroad.

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# Italian salumi:

Italian salumi (preserved meats) are as numerous as they are varied. Each has its own, particular aroma and special flavor. Each has its own personality and altogether they form a veritable universe to be explored and savored. Whoever has lived in Italy or visited the country is familiar with the fragrance of *Prosciutto Crudo*, the incomparable scent of *Mortadella*, the succulence of *Salame*, the sweetness of *Prosciutto Cotto*, the versatility of *Pancetta*, the aromatic intensity of *Coppa*, the delectable aroma of *Culatello*, the incisive savor of *Speck*, the lightness of the *Bresaola*, the appeal of *Zampone* and the festive nature of *Cotechino*.



# a universe awaiting discovery

## ITALIAN SALUMI: A TRADITION OF MORE THAN 2,000 YEARS

The roots of Italian processing and preservation of pork through salting and aging is extremely ancient. Many bone fragments found in various archaeological excavations indicate that the breeding of swine developed in northern Italy in the Neolithic period. Among the many finds uncovered during excavations of an Etruscan settlement dating to the 5th century BC were a substantial number (at least 50,000) of fragments of animal bones. At least 60% belonged to the swine species, an obvious sign of the Etruscans' predilection for the breeding of pigs. Studies of the remains show that the bones of the animals' hindquarters are often missing. The hams were salted and/or smoked and then exported to Athens in ancient Greece. The ancient Romans took the greatest interest in and focused their attention on the legs of hogs so that ham appeared in a starring role at their gatherings and celebrations. In the following period, preserved meats served as currencies that were



used in commercial transactions. The production and consumption of salumi steadily assumed greater importance with the passage of the centuries, from the elaborate centerpieces of the Italian Renaissance when the culinary arts and banquets became increasingly sumptuous to the 19<sup>th</sup> century during which the first food-processing plants and the first specialist retailers spread throughout Italy.

## Italian salumi: a universe awaiting discovery



### THE ITALIAN ART OF PROCESSING MEATS

#### Below: making Mortadella.

To obtain preserved meats of fine quality, like the Italian products, attention to all phases of production, beginning with the breeding of the animals, is of fundamental importance.

In modern establishments, the pigs are raised with full respect for the strictest health and hygiene standards. Each hog is branded so that in every succeeding phase of processing, from the start to the

finished product, it is possible to track the animal's development back to the beginning.

In the production of Italian preserved meats, processors use so-called "soft" technologies that involve long-duration, low-intensity practices that meet the strictest hygienic standards of wholesomeness.

Processing must respect the raw material and bring out its original qualitative characteristics.

### ITALIAN SALUMI: PRODUCTS IN LINE WITH MODERN DIETARY REQUIREMENTS

#### Above: making Speck.

Because of the commitment to quality of the entire Italian processing system, from the raising of the hogs to the final transformation of the meat, the production tradition, with its emphasis upon wholesomeness and flavor, takes full account of modern nutritional requirements. And this has contributed to the success of Italian salumi.

Thanks to new stockbreeding techniques, innovations in production methods and a diet for the animals that is almost exclusively vegetarian in composition, Italian preserved meats respond perfectly to modern nutritional standards. The amount of fat is limited - it is primarily unsaturated and of the finest quality - and the cholesterol level is unusually low. The presence of a high percentage of favorable proteins (so-called because they contain essential amino acids that are indispensable to the human organism

and must be ingested since the body cannot synthesize them) makes salumi a food with a "high biological value" on the same level as eggs and milk. And salumi offer an additional characteristic of nutritional importance. They contain a high concentration of minerals, especially iron and zinc (the first is important to the prevention of anemia, while the second is vital to the development of scar tissue and the proper functioning of the liver) as well as chromium, selenium and magnesium.

In addition, preserved meats contain numerous vitamins of the B group, including vitamin B1, which is extremely important to the functioning of the nervous system and digestive tract; B2, which assists in the regeneration of tissue and creates a sense of wellbeing, and B12, which is essential to the normal development of red corpuscles and the central nervous system.



## Italian salumi: a universe awaiting discovery

### THE BIGGEST “SLICE” OF A TYPICAL EUROPEAN HERITAGE

Italian salumi are clearly a standard-bearer for Italian agriculture and food products and the European Union has honored Italy's production tradition in the sector.

Many Italian salumi have received Protected Designation of Origin (PDO) or Protected Geographical Indication (PGI) recognition. The PDO and PGI are attributable only to those products with a centuries-old tradition behind them. In the showcases of the average retail outlet, Italian products constitute the most numerous group, an indication that Italy leads all other countries in the range of premium preserved meats it offers consumers.



Officially monitored Italian salumi:  
Prosciutto di Parma (PDO)  
Prosciutto di San Daniele (PDO)  
Prosciutto di Modena (PDO)  
Prosciutto Veneto Berico Euganeo (PDO)  
Salame di Varzi (PDO)  
Salame Brianza (PDO)  
Speck dell'Alto Adige (PGI)  
Bresaola della Valtellina (PGI),  
Culatello di Zibello (PDO),  
Valle d'Aosta Jambon de Bosses (PDO),  
Valle d'Aosta Lard d'Arnad (PDO),  
Prosciutto di Carpegna (PDO),  
Prosciutto Toscano (PDO),  
Coppa Piacentina (PDO),  
Pancetta Piacentina (PDO),  
Salame Piacentino (PDO),  
Prosciutto di Norcia (PGI),  
Soppressata di Calabria (PDO),  
Cappocollo di Calabria (PDO),  
Salsiccia di Calabria (PDO),  
Pancetta di Calabria (PDO),  
Mortadella Bologna (PGI),  
Zampone Modena (PGI),  
Cotechino Modena (PGI),  
Salamini Italiani alla Cacciatora (PDO),  
Soprèssa Vicentina (PDO)  
Salame d'oca di Mortara (PGI)  
Lardo di Colonnata (PGI).

### CONSUMPTION AND PRESERVATION

**Bottom:  
Prosciutto  
Crudo during  
aging.**

To taste the best Italian salumi and to preserve their characteristic fragrance, quality and flavor, it is important to take some simple but essential precautions that will ensure preservation of the individual products. And there are ways of serving and consuming salumi that add to the pleasure and satisfaction provided by the preserved meats.

The basic rules relating to the preservation of salumi can be reduced to a series of precautions: protection from the air of the slices and storage in a cool, dry place, preferably one sealed off from the light, or the refrigerator. Preserved meats should be consumed as soon as they have been sliced. In the case of sealed packages containing sliced salumi, which assure preservation of the products' sensory characteristics, it is recommended that the consumer retain and observe the expiration date indicated. Italian salumi have exclusive characteristics that permit them to be cut in extremely thin slices. That possibility has been developed over time through expert and prolonged

curing of the raw salumi and because of the compactness of the meat as well as the uniformity of the stuffing or forcemeat for cooked products. From the sensory standpoint, the thinner the slice the greater the impact of the fragrance and delicacy that are hallmarks of fine Italian salumi. According to the saying, slices of a well-cut salame must be able to stand unsupported on their rims.





# Prosciutto crudo

**Prosciutto Crudo is the noblest of cured Italian salumi, produced in accordance with a craft that was already known to and practiced by the ancient Romans.**

**S**lices of Prosciutto Crudo display a color ranging from pink to red within a rim of white fat. The ham offers the nose an intense aroma, while the flavor is sweet, delicate and characteristic. Consumed with bread or in combination with fresh fruit like melon and figs, raw ham is a complete, light and nourishing dish. Appreciated because of its quality as the monarch of Italian salumi, Prosciutto Crudo is remarkably simple in terms of ingredients: pork leg, salt, time and an environment with precise climatic qualities for the curing. In reality that element is fundamental. It is not by accident that Prosciutto Crudo is produced and cured in many regions of Italy. However, the leading centers of production are Parma, San Daniele, Modena and in Tuscany and the Veneto. All those zones turn out raw hams that have received European recognition with the Protected Designation of Origin (PDO). Processing begins with the trimming of the leg. This is the phase when excess fat is removed. At this point, experienced professionals enter the picture. They massage the hams, spread them out on inclined shelves and cover them with salt. This is the salting phase, an important step in the process. The meat is then washed or scrubbed with a brush and left to dry. The next step is curing, during which the environmental factor plays the leading role. The hams are left to dehydrate naturally in airy settings for a period of about one year. At that point, the master butchers serve up the ham to the gourmets.

**Prosciutto Crudo, which ranks among the leanest of preserved meats, offers a particularly high concentration of proteins; 100 grams of ham supplies 26.9 grams of protein, a level that amounts to about half of the daily minimum requirement of a healthy adult. They are proteins of high nutritional value, since they contain all the amino acids upon which the human body depends, and they are easily digested due to the positive effect of curing. A substantial content of iron and vitamins of the B group round out the nutritional benefits offered by this product. The average caloric supply amounts to 224 kcal per 100 grams of Prosciutto Crudo. That ratio drops to 159 kcal if the fat encasing the ham is removed before consumption. These are values that fit any dietary program, including weight-loss regimens with reduced supplies of energy.**



## Cheese Loaves Garnished with Prosciutto di San Daniele

### Serves 6

- 6 slices Prosciutto di San Daniele - 3/4 lb. robiola
- 1/3 lb. ricotta - 1 slice red bell pepper, finely chopped
- 2 black olives, pits removed, chopped
- thyme, chopped - salt and pepper to taste
- 6 black olives, pits removed - dill - 1/3 cup extra-virgin olive oil, plus extra for greasing

Preparation time: 30 minutes

In a bowl, mix the robiola and ricotta. Fold in the bell pepper, 2 olives, thyme, and salt and pepper. Distribute the mixture among 6 ramekins greased with olive oil. Chill for 20 minutes and then turn out onto a serving platter. Garnish each loaf with a slice of Prosciutto di San Daniele and an olive. Dress with a sauce prepared by puréeing the fennel fronds with the olive oil, salt, and pepper.

## Grilled Monkfish Skewers

### Serves 4

- 8 slices Prosciutto Crudo Italiano (about 1/3 lb.)
- 1 monkfish, de-scaled, cleaned, and cubed (24 pieces)
- salt and pepper
- extra-virgin olive oil
- 1/2 lb. zucchini, diced
- Italian (flat-leaf) parsley, chopped

Preparation time: 30 minutes

Tear each slice of Prosciutto Crudo lengthwise into three even strips. Wrap the Prosciutto Crudo strips around each cube of fish. Arrange the fish cubes on 8 wood or stainless steel skewers (3 cubes per skewer). Season with salt and pepper, drizzle with olive oil, and cook on a hot, lightly greased grill for about 7 minutes, turning once. Sauté the zucchini in olive oil, season with salt and pepper, and sprinkle with parsley. Distribute the zucchini on a serving platter. Arrange the skewers over the zucchini; serve hot.





## Grissini (Breadsticks) with Prosciutto di Parma

### Serves 8

- 1 whole loaf white bread
- 16 thin slices Prosciutto di Parma
- 16 grissini (breadsticks)

**Preparation time: 20 minutes**

Using a serrated knife, carefully remove the crust from the loaf of bread. Wrap the Prosciutto di Parma around the grissini and then stick the tips of the grissini into the loaf (this is made easier by removing the crust). If desired, dress the grissini "box" with a ribbon before serving.

## Classic Italian Antipasto

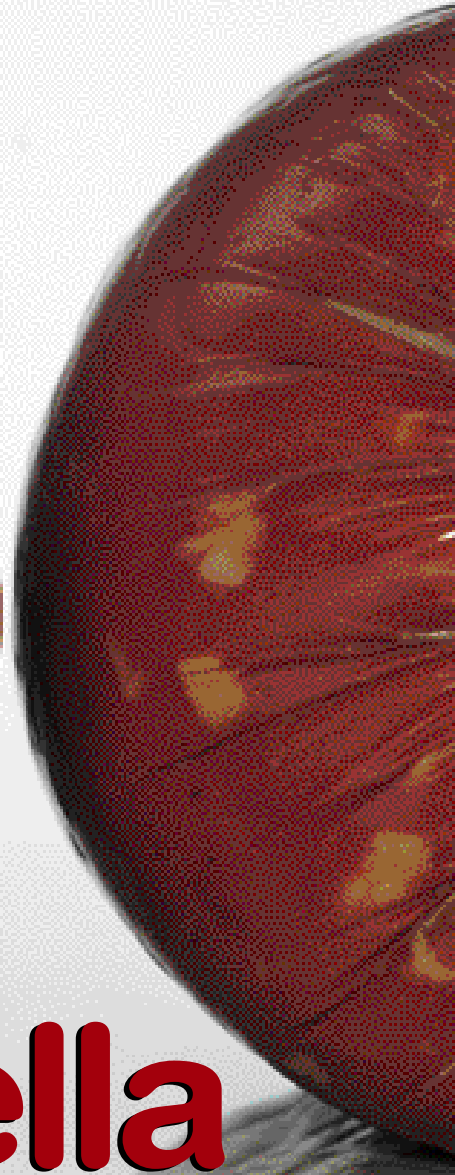
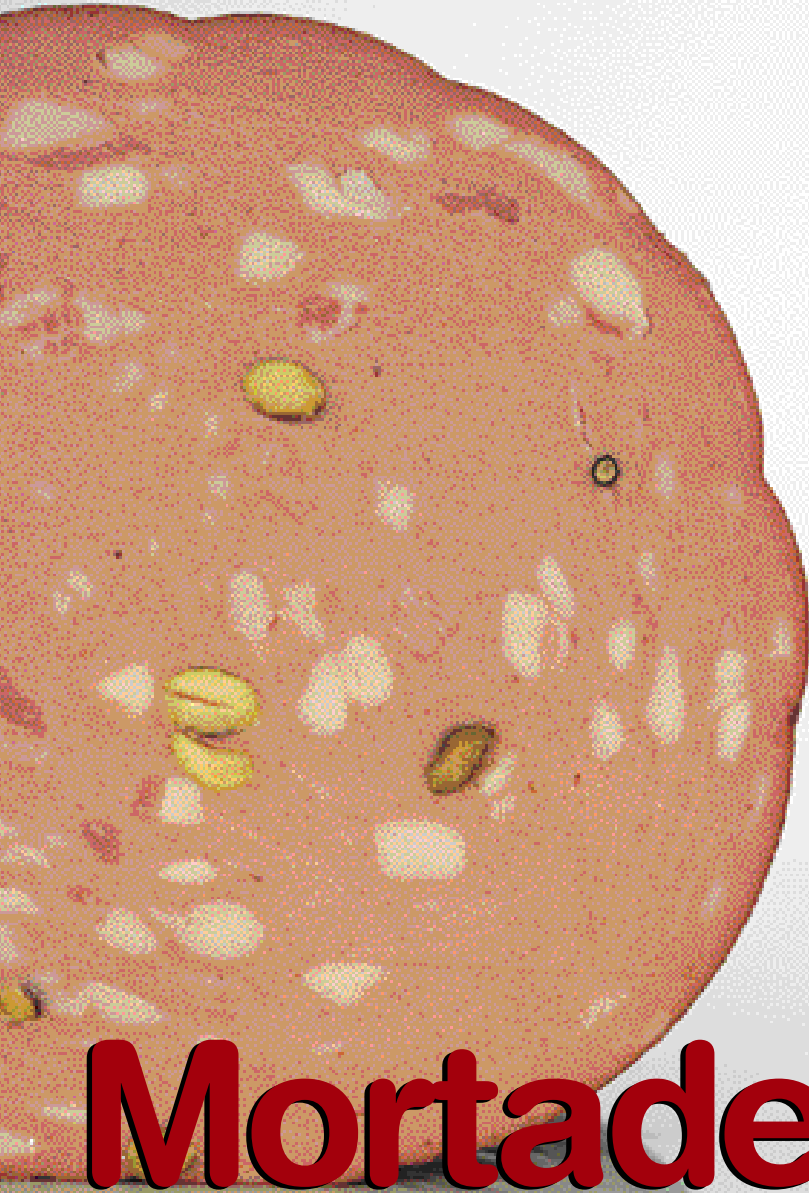
### Serves 4

- 1 melon (about 2 lbs.)
- 1/2 lb. Prosciutto Crudo Italiano, thinly sliced
- lettuce, washed and dried

**Preparation time: 10 minutes**

Keep the melon in the refrigerator until ready to serve. Slice the melon, remove the peel, then arrange on a serving platter. Garnish with lettuce, arrange the Prosciutto Crudo Italiano in the center, and serve.





# Mortadella

**Mortadella has a Latin name, an indication of its ancient origin. It was cited in a recipe of the 14<sup>th</sup> century.**

**M**ortadella is a cooked salume with a fine pulp of a pink color. The aroma is characteristic and incomparable, lightly spicy but never pungent. The flavor is full, with a light touch of brine against a spicy background. It is uniform and not overwhelming but well balanced by the small pieces of fat, which give this salume greater sweetness.

When it is served alone, it can be cut into thin rounds or cubes.

Among the various types in which this salume is produced, Mortadella Bologna is the only version to have received Protected Geographical Indication (PGI) recognition. Italian Mortadella is produced with selected raw materials and pork, exclusively. Processors cut the meat in pieces and mince it, while they pass the fat through a device that cuts it in small cubes.

The minced meat and cubes of fat, along with such ingredients as salt, pepper, herbs and spices are worked into a paste, which is stuffed into natural or artificial casings depending upon weight, which ranges from 500 grams to 100 kilos (1.1-220 pounds).

The product are then cooked in brick ovens, a particularly delicate operation. Proper cooking gives Mortadella its characteristic aroma and typical softness. Afterward, it is sprayed with cold water and stored for a time in a cold room. The product is then ready for consumption.

**Mortadella has a relatively low content of sodium and it is easily digested because of the finesse of the stuffing and the effects of the cooking to which it is subjected.**

**This product is an outstanding source of beneficial proteins, 14.7 grams for each 100 grams of Mortadella. It also contains iron and fatty acids that are balanced and nutritionally beneficial. The fats in Mortadella consist for the most part of monounsaturated fatty acids, the best for the human organism. That means that Mortadella does not contain large quantities of cholesterol, only 70 milligrams in 100 grams, which is more or less the same quantity as in 100 grams of chicken.**



## Rice Salad with Mortadella

### Serves 6

- 1 cup green olives in olive oil, strained - 1 cup bell peppers in olive oil, strained - 1 cup artichoke hearts in olive oil, strained
- 2 tbsp. white vinegar - 1 1/2 cups rice, cooked and cooled
- 1/4 pound Emmental (Swiss cheese), sliced into strips
- 1/2 pound Mortadella Italiana, diced - 3 tbsp. extra-virgin olive oil
- 3 tbsp. Italian (flat-leaf) parsley, chopped
- 1 lemon, sliced - lettuce, washed and dried

Preparation time: 30 minutes

Place the olives, peppers, and artichokes hearts in a bowl. Add the vinegar. Fold in the rice, cheese, and Mortadella. Dress with the olive oil, add the parsley, and toss. Garnish with the lemon slices and lettuce and serve immediately.

## Mortadella Bologna “Cannelloni”

### Serves 4

- 8 slices Mortadella Bologna, about 1/4 lb.
  - 1/2 lb. robiola - 1 avocado, peel and pit removed - diced thyme, chopped chives
  - chopped salt and pepper to taste lettuce, washed and dried
  - 4 radishes, trimmed, washed, and halved
- Preparation time: 15 minutes

Work the robiola in a mixing bowl with a wooden spoon, folding in the avocado, thyme, and chives. Season with salt and pepper. Arrange the Mortadella Bologna slices on a cutting board and distribute the cheese mixture on each one. Roll into the shape of a “cannelloni” pastry (i.e., roll lengthwise). Arrange the “cannelloni” on a serving platter over a bed of lettuce and garnish with the radishes.





## Granished Mortadella Bologna “Diamonds”

**Serves 6**

- 3 1/2-inch slices of Mortadella Bologna, about 1/4 lb. - each, cut into diamond shapes
- 1/4 lb. zucchini, peeled, chopped and steamed
- 1/4 lb. peas, shelled and steamed
- 1/3 cup extra-virgin olive oil
- salt and pepper, toothpicks

**Preparation time: 20 minutes**

Purée the zucchini and peas in a food processor with the extra-virgin olive oil and salt and pepper to taste until you obtain the desired thickness. Garnish each Mortadella Bologna “diamond” with a dollop of the puréed vegetables and insert a toothpick into each one. Arrange on a serving platter and serve as an antipasto paired with aperitifs or in a buffet dinner.

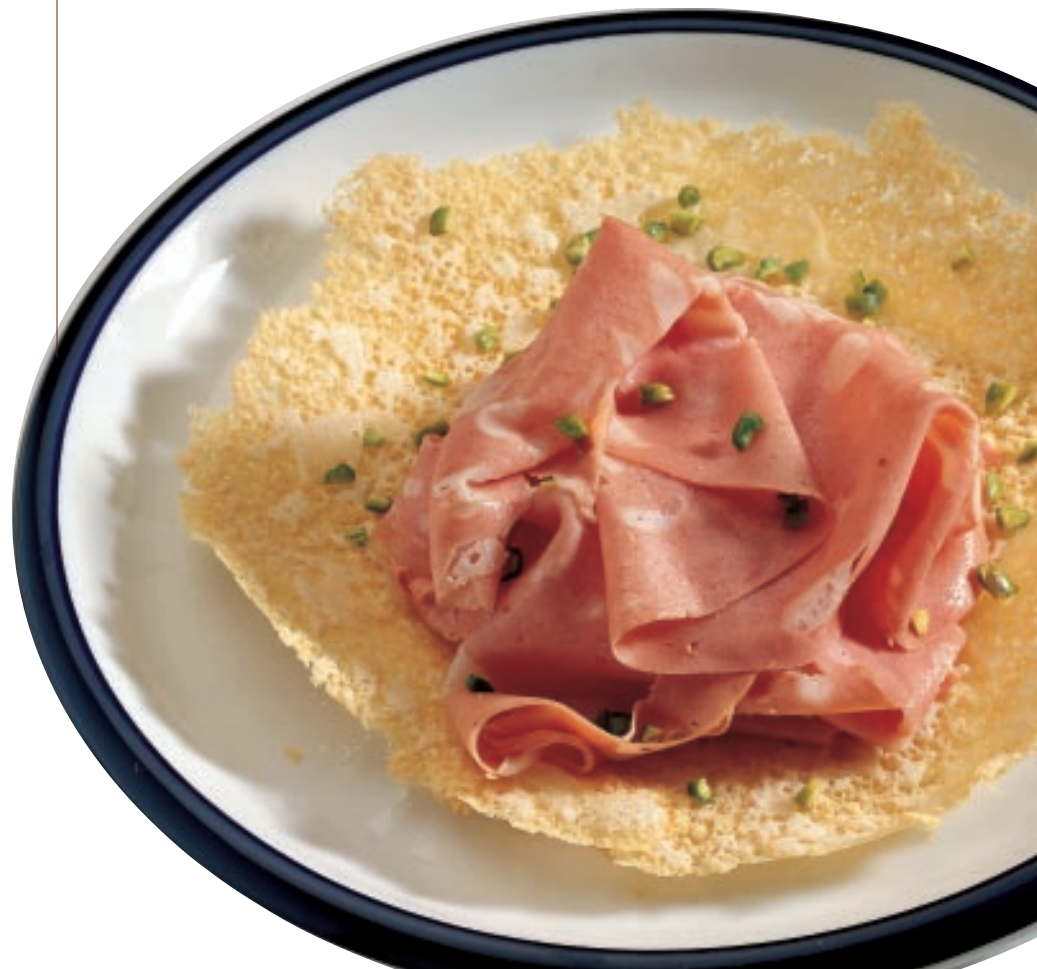
## Grana Padano Wafers with Mortadella Bologna

**Serves 4**

- 4 heaping tbsp. freshly grated Grana Padano
- 8 thin slices of Mortadella Bologna
- pistachios, shelled

**Preparation time: 20 minutes**

In the center of a hot pan, melt a tbsp. of cheese over low heat. As it melts, it will become a “wafer.” Before it browns and becomes bitter, transfer to a plate and allow it to cool and harden. Repeat until you have obtained 4 wafers. Fold and shape the Mortadella Bologna slices to look like roses. Top each wafer with a slice of Mortadella Bologna, sprinkle with pistachios, and serve. This is a quick and easy way to make a great appetizer.



# Speck



**Speck originated in the 14<sup>th</sup> century in Alto Adige, a region of Italy that lies on the Austrian border. Its connection to such a unique part of Italy has led Speck to be awarded the coveted status of Protected Geographical Indication (PGI).**

Its taste is both sweet and intense, a happy marriage of Mediterranean and Eastern European cultures. Indeed, like Prosciutto Crudo, Speck is made from a pig's thigh that has been cured and then gently smoked.

Speck can be served in thin, delicate slices; in tasty, bite-sized pieces (just under an inch in length); or in irresistible cubes. Thanks to its inimitable flavor, Speck is also considered an indispensable ingredient in many delicious dishes.

Speck is made by first de-boning the pig's thigh and then trimming its excess fat. At this point, the thigh is seasoned with a blend of salt and herbs. After the spices are allowed an ample amount of time to release their flavors, the thigh is smoked using dry non-resinous wood especially selected to give Speck its characteristic mild smoky flavor. Finally, it is allowed to age for 22 weeks.

During this period, the gentle breeze of the Alto Adige valleys plays its magical part in creating this masterpiece of Italian charcuterie.

**Two-thirds of Speck's small fat content is composed of fatty acids, in other words, the so-called "good" fats.**

**These monounsaturated and polyunsaturated fats are similar to those found in high-quality olive oil. Speck also contains a remarkable quantity of nutritional protein and is rich in essential amino acids, not to mention important, easily digestible minerals like iron and zinc.**



## Speck “Turbans” from Alto Adige

**Serves 6**

- 3 oz. zucchini (with peel), diced and parboiled
- 3 oz. carrots, peeled, diced, and parboiled
- 1/2 lb. robiola - 3 oz. green and red bell peppers, cleaned and diced - salt and pepper
- 18 slices Speck dell’Alto Adige
- extra-virgin olive oil
- juice of 1/2 lemon - 1 tbsp. mustard
- 6 oz. mesclun or mixed green salad

**Preparation time: 30 minutes**

In a mixing bowl, fold the zucchini and carrots into the robiola together with the peppers, salt, and pepper. Spread the robiola over each slice of Speck and then roll into a little “turban.”

Make the dressing: in a food processor, blend the olive oil, lemon juice, mustard, salt, pepper, and 3 tbsp. cold water. Serve the turbans over a bed of salad topped with the dressing.

## Speck dell’Alto Adige Hors d’Oeuvres

**Serves 12**

- 1 lb. shortbread pastry (or pie crust) dough
- 1/2 lb. Speck dell’Alto Adige, thinly sliced
- 6 oz. cured anchovies, deboned and washed
- 1 egg, beaten

**Preparation time: 30 minutes**

Roll out the puff pastry and cut into rectangles roughly 4 x 8 inches. Top each rectangle with a slice of Speck, roll lengthwise, and then slice the rolls into little rounds. Top the remaining rectangles with the anchovies, roll and slice similarly. Brush the rounds with the egg, arrange on a greased baking tray, and bake in a preheated oven at 350°F for about 12 minutes or until golden brown. Serve warm.





# Cotechino

**Among the finest examples of salumi that require cooking, Cotechino stands out as a product with an ancient tradition and a distinctive flavor.**

In appearance, Cotechino has a classic cylindrical shape and, when cut, the interior displays a pink color. The aroma is characteristic of the meat. In the mouth, the flavor is appropriately sapid with an aftertaste tending to sweet and spicy. Cotechino is cut in thick slices and eaten piping hot, accompanied by puréed potatoes or cooked vegetables. It is one of the most popular dishes of the Italian end-of-year holiday season. The most classic way of consuming cotechino is to arrange it atop lentils or beans. However, the inhabitants of Modena, remembering perhaps the Renaissance origin of cotechino, serve it with a zabaione when it is part of a bollito misto (dinner of mixed boiled meats) without garnishes. If you want to pleasantly surprise your guests, offer them cotechino in pastry. Cotechino is made from selected lean pork and rind (cotenna) and it owes its name to the latter ingredient. The meat is ground to a medium texture, flavored with salt, pepper, nutmeg and cloves and left to infuse in red wine. The mixture is then stuffed into a membrane and the product obtained is left to mature in general for no more than one month or it is precooked. Cotechino Modena, considered one of the most delectable of Italian culinary preparations, has received the prestigious Protected Geographical Indication (PGI) recognition of the European Union.

**In addition to guaranteeing a good supply of favorable proteins - 21.1 grams per 100 grams of product - Cotechino provides fats with a composition that is in line with the findings and recommendations of modern nutritional science. While it's true that fats must be consumed with moderation, it is just as true that they are essential to a healthy diet since they perform functions essential for the organism. It is important that they should be fats of good quality and those of Cotechino show excellent balance with an inclination toward "good" fats of the unsaturated type. The content of iron and zinc and the substantial presence of vitamins of the B group are important to creation of a proper sense of physical wellbeing.**



## Baked Cotechino Modena

### Serves 8

- 3 precooked Cotechino Modena sausages, about 1 lb. each
- 1 1/2 lb. bread dough
- flour, for dusting
- fennel seeds
- mustard Cremona, strained of its liquid, liquid reserved

**Preparation time: 90 minutes**

Boil the Cotechino Modena sausages and then remove their casings. Roll the dough out on a well-floured pastry board. Sprinkle with the fennel seeds and then use the rolling pin to press the seeds into the dough. Brush the cotechino with the liquid reserved from the mustard and then encase in the dough. Set the dough to rise in a warm place for 45 minutes. Brush with the egg yolk and bake for 45 minutes or until golden brown in a pre-heated oven at 375°F. Serve thick slices of the cotechino in its crunchy casing with either spicy mustard or the strained fruit from the mustard on the side.

## Modena Cotechino Roll

### Serves 6

- 1 Cotechino Modena
- 1/3 lb. veal round, ground
- 1 cup cream - 1/2 oz. dried mushrooms, soaked and drained of their liquid - salt and pepper
- 3/4 lb. veal loin, beaten
- extra-virgin olive oil
- mustard for garnish

**Preparation time: 90 minutes**

Use a knife to make a few holes in the Cotechino and then boil in a pressure cooker for 25 minutes. Strain, cool, and peel. In a food processor, combine the veal round with the cream, salt, pepper, and mushrooms. Spread the ground veal mixture over the beaten veal loin, top with the Cotechino, and roll lengthwise. Wrap and tie the roll in parchment paper greased with olive oil. Roast in a pre-heated oven at 350°F for about 45 minutes or until tender. Slice and serve with mustard on the side.



# Prosciutto cotto



**Without doubt, the adjective that best describes Prosciutto Cotto is “versatile.” This salume plays an important role in cooking either alone or as one of various ingredients in appealing preparations.**

**P**rosciutto Cotto is pink in color and has a gentle aroma, never penetrating, and with vaguely spicy scents. The flavor is also delicate and pleasantly sweet. Its most distinctive characteristic is precisely its delicacy, while the tactile sensation offered is one of softness. However, the ham also generates a restrained sensation of roughness rather than smoothness. Prosciutto Cotto is the leading salume in Italy in terms of sales. It is often used in cooking and it is a fundamental ingredient of salads. The ham is also employed in numerous refined combinations with other foods.

Prosciutto Cotto is produced with deboned pork ham that is soaked in brine and then cooked. Its quality depends on the wholesomeness of the raw material, the excellence of the ingredients in the brine and the way the ham has been cooked. Salt, pepper, bay leaf and juniper are the ingredients used in the brine.

They will determine the sensory characteristics of the finished product. It seems that composer Giuseppe Verdi was extremely fond of Prosciutto Cotto.

The virtues of Prosciutto Cotto include an outstanding content of wholesome proteins (22 grams of each 100 grams of ham), a limited supply of fats and a substantial endowment of mineral salts. It is extremely digestible and that factor, combined with its relatively limited sodium content, makes Prosciutto Cotto a suitable choice for inclusion in the diets of persons with delicate constitutions, such as small children. It's a food that deserves a place in all types of diets. The nutritional qualities of Prosciutto Cotto only gain from combination with starchy foods, bread most of all. Fresh pineapple makes another satisfying match. In addition to harmonizing with the flavor of the Prosciutto Cotto, it makes the dish even more digestible.

## Heavenly Cannoli

Serves 6

FOR THE CANNOLI:

- 3/4 lb. bread dough
- 1 tbsp. extra-virgin olive oil
- 1 egg yolk - 1 tbsp. sugar
- 1 whole egg, beaten - salt

FOR THE FILLING:

- 1/2 lb. mascarpone
- 1/3 lb. Prosciutto Cotto italiano, chopped
- 3 cured anchovies in olive oil, deboned
- 1 tbsp. salted capers - Worcestershire sauce

Preparation time: 90 minutes

Make the cannoli: work the dough, olive oil, egg yolk, and sugar in a mixer with a dough hook until the ingredients are fully combined. Using your hands, continue to work the dough for a few minutes and then shape into a ball; place in a bowl, cover, and let rest in the refrigerator for 30 minutes. Then roll out the dough and cut into 12 even strips. Use aluminum "cannoli" tubes, lightly greased with olive oil, to shape the cannoli by placing a tube on each strip and the folding either end over the tube and then pinching the strips in the middle. Brush with the beaten egg, sprinkle with salt, bake in a preheated oven at 325°F for roughly 15 minutes or until golden brown, and cool. (If you are using metal cannoli tubes, you can bake the cannoli with the tubes inside; if you do not have metal cannoli tubes, you can use an unpainted broomstick to shape the cannoli, removing the broomstick before you bake the shells.) Make the filling: in a food processor, mix the mascarpone with the Prosciutto Cotto Italiano, anchovies, capers, and a dash of Worcestershire sauce. Using a pastry syringe, fill the cannoli with the mascarpone and serve.



## Asparagus and Prosciutto Cotto Flan

Serves 4

- 1 1/3 lb. asparagus, washed, trimmed, peeled, and boiled - 2 egg whites
- 1/2 cup cream - salt and pepper
- 3/4 lb. flaky pastry (pâte brisée)
- 1/3 lb. Prosciutto Cotto italiano, diced
- mesclun or mixed green salad
- extra-virgin olive oil

Preparation time: 60 minutes

Remove the tips from all but 4 of the asparagus and purée in a food processor with the egg whites, cream, salt, and pepper, reserving the 4 with tips. Roll out the pastry dough and use 4 round, lightly greased single-serving pastry molds to cut out the bases for the flans. With the dough on the bottom, fill the molds with the puréed asparagus and bake in a preheated oven at 325°F for about 25 minutes. In the meantime, brown the Prosciutto Cotto italiano in a pan with the oil. Slice the reserved asparagus in half lengthwise. Serve the flan warm, accompanied by the salad drizzled with olive oil, Prosciutto, and the reserved asparagus on the side.



## Prosciutto Cotto Rolls

### Serves 6

- 6 slices of Prosciutto Cotto, about 1/2 lb.
- 1 1/2 cups rice - 3/4 cup mayonnaise
- salted capers, chopped - 1 tin salted anchovies, deboned, washed and chopped - flat-leaf (Italian) parsley, chopped - 2 spring onions, chopped
- 1 bulb fennel, washed, trimmed, and diced
- 1 head lettuce, washed and dried
- 6 cherry tomatoes, sliced in half
- extra-virgin olive oil - pepper

Preparation time: 40 minutes

Cook the rice and let cool. Fold in the mayonnaise, capers, anchovies, parsley, and spring onions. Season with salt to taste. Distribute the rice on the slices of Prosciutto Cotto and then shape into rolls. Divide each roll into two pieces. Arrange on a serving platter around a centerpiece of the fennel and lettuce. Garnish with the cherry tomatoes, drizzle with extra-virgin olive oil, sprinkle with pepper, and serve.



## WHAT IS THE ITALIAN TRADE COMMISSION

The Italian Trade Commission is the official trade development office of the government of Italy.

It promotes, facilitates and develops trade between Italy and the rest of the world, encouraging the globalization of Italian firms and their establishment in foreign markets.

It is headquartered in Rome and maintains a network of 104 branch offices in 80 countries throughout the world.

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