Charcuterie (shar-cood-er-ree), or salumi in Italian, refers broadly to prepared meat products, most typically made from pork. Charcuterie is an art form that began centuries ago in order to preserve meats for later consumption.

FORCemeATS VS SALT-CURED

Forcemeats are a mixture of ground, lean meat emulsified with fat. The ingredients are either ground, sieved or puréed together. Common forcemeats are sausages and pâté.

Salt-cured or brined meats use salt as preservation. This is done through osmosis and dehydration, drawing out and replacing the water with salt. The salt is also helpful in halting the fermentation process while denaturing proteins, thus preventing the meat from breaking down and spoiling. Salt-cured and brined meats include prosciutto, bacon, and jamon.

SALAMI OR SALUMI?

Salumi is the Italian equivalent of “charcuterie”, referring to the broader world of processed meats. Salami refers to just one type of cured meat: a seasoned mixture of ground meat and fat that is stuffed in a casing and cured. You may also see the words “salume” and “salame”. They are the singular versions of the words “salumi” and “salami”, respectively.

KNOW YOUR CHARCUTERIE

WHOLE-MUSCLE CUTS

Where a whole muscle is salt-cured or brine-cured and later shaved into slices. These are often the most popular form of charcuterie.

Bacon, Prosciutto, Jamón Serrano, Jamón Ibérico de Bellota, Bresaola, Speck

CURED SAUSAGES

Ground meats and salt are encased in a casing tube and either boiled, smoked, or cooked. These are another popular charcuterie item.

Pepperoni, Salami, Mortadella, Sopressata, Capicola, Chorizo, Saucisson Sec

PÂTÉ & TERRINE

Ground meats that are heavily seasoned and placed into a mold to be cooked in a hot water bath. Pâtés are typically made from the finer-textured duck liver, whereas terrines are from coarser forcemeats.

Duck, Goose, Beef, Chicken, Salmon, Turkey

RILLETTES

Often made from pork, the meat is heavily salted and cooked slowly in fat until it is tender enough to be shredded. Once cooled, the fat forms a paste, allowing the rillettes to be used as a spread.

Pork, Salmon, Duck, Goose, Chicken, Rabbit

“Curing is the equivalent for meat what winemaking is to grapes – a process that is about presenting something in its most ideal form. “

– Boccalone SF
CHARCUTERIE 101

PROSCIUTTO
A common type of charcuterie, prosciutto is silky and versatile, with a prominent umami, or savory, flavor.

SALAMI
One of the more common encased meats, with a variety of styles differing in heat and spice. Pepperoni, or salami piccante, is among the most well known types of salami. While pork salami is the most popular, beef salamis are available.

MORTADELLA
A cooked sausage similar to bologna, with nuts and spices added.

SOPRESSATA
This sausage, with an uneven, rustic appearance, ranges in flavor from spicy to sweet, depending on the spices used.

CAPICOLA
Also known as Coppa or Capocollo, this smoked sausage is tender and includes spices and herbs.

CHORIZO
A popular sausage that is most notable for the addition of Pimentón de la Vera, a type of smoked paprika that gives chorizo its distinctive red color. The type of smoked paprika will make it either spicy (picante) or sweet (dulce).

SAUCISSON SEC
A French-style salami that is thick and rich, similar to pepperoni.

PÂTÉ
Generally comprised of either ground pork, duck, or chicken liver mixed with spices, Pâtés may range from silky smooth to coarser country-style.

RILLETTE
Slow cooked meat, typically pork, rabbit, goose, duck or salmon, that is shredded to make a coarser spread. Best served cold.

KNOW YOUR CHARCUTERIE
The most exciting part of purchasing charcuterie is exploring what your local deli or charcuterier has to offer. Enjoy these common types to get started!

CURED CHARCUTERIE

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JAMÓN SERRANO & JAMÓN IBÉRICO DE BELLOTA
Jamón Ibérico de Bellota is one of the most expensive cured meats, as it is made from special black-hooved pigs. The hams are aged up to five years to develop their trademark sweet, nutty flavor. Jamón Serrano is a more affordable version made from white pigs and aged for less time.

BRESAOLA
An air-dried, salted beef that has been aged two or three months. A lean meat with a less gamy flavor.

SPECK
A smoked cured meat that is similar in flavor and texture to bacon, with a milder flavor and firmer texture than prosciutto.

ENCASED CHARCUTERIE

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TO EAT OR NOT TO EAT
“Both the mold (white/powdery coating) and the casing are safe to eat, but we always recommend removing the casing from the salami before serving.”
- Boccalone SF
## CHARCUTERIE 101 GUIDE

Enjoy these quick and easy facts and tips for buying, storing making the most of your charcuterie!

### BUYING AND STORING

<table>
<thead>
<tr>
<th align="center"><strong>DO</strong></th>
<th align="center">Buy within 3-5 days of when you plan to enjoy. Purchase whole if you won’t be enjoying it immediately.</th>
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</thead>
<tbody>
<tr>
<td align="center"><strong>DO</strong></td>
<td align="center">Ask your local deli or charcutiers to cut the meat to a thickness that best highlights the flavors and textures of that particular product.</td>
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<tr>
<td align="center"><strong>DON’T</strong></td>
<td align="center">Leave in a warm location, as meat will spoil.</td>
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<tr>
<td align="center"><strong>DO</strong></td>
<td align="center">Refrigerate forcemeats and cut cured meats. Store wrapped in deli paper or plastic wrap. If possible, store uncut cured meats in a location that is maintained at 50-55°F, such as a wine cellar.</td>
</tr>
<tr>
<td align="center"><strong>DON’T</strong></td>
<td align="center">Expose cut meats to air while storing as this will cause the meats to oxidize and spoil.</td>
</tr>
<tr>
<td align="center"><strong>DO</strong></td>
<td align="center">Avoid products with “non-fat dry milk powder” as this is a binder and filler, and should not be in charcuterie.</td>
</tr>
<tr>
<td align="center"><strong>DON’T</strong></td>
<td align="center">Keep meats past their prime. Dispose of any meats that have “off” colors or smells.</td>
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### ACCOMPANIMENTS

| **BREAD AND CRACKERS** | Simple, crusty breads and plain crackers are the best choice. Avoid flavored crackers and breads that may overpower or compete with the charcuterie. |
| **FRUIT** | Fresh fruits like pears, apples, grapes, figs, oranges, melons, and pomegranate make great pairings. Add dried fruit to your platter for a wider range of flavor. Use the fruit to enjoy with your charcuterie. |
| **OLIVES** | Include a variety of black and green olives, washed of their brine and dressed as is customary for their particular type and region of origin. |
| **NUTS** | Toasted and raw almonds, walnuts, and hazelnuts are a fantastic addition to your plate, as they help bring out the notes in the charcuterie. |
| **CHUTNEYS & CONDIMENTS** | The sweetness of chutneys and fruit spreads helps to contrast the tangy and salty flavor of the charcuterie. Mustard makes an excellent pairing with charcuterie. |
| **HONEY** | The complex flavors of honey make it a fantastic accompaniment for many charcuterie. |
| **PICKLED ITEMS** | Pickled fruit and vegetables offer a tangy flavor that helps cut through the richness of the meat. |

“If it smells off, looks off or has unusual colors it is best not to put it in your mouth – trust your instincts”

- Fatted Calf

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CHARCUTERIE 101
GUIDE

TASTING YOUR CHARCUTERIE

PREPARE THE MEAT:
Take the meat out 45 minutes before enjoying and serve at room temperature.

SLICING THE MEAT
If not already pre-cut, a general rule of thumb is to slice large diameter items more thinly, and smaller diameter items more thickly.

LOOK AT THE MEAT
Well-made products should have clear colorations, where the reds are red, and the whites are white. How does it look? Are the colors clear and vibrant? Avoid eating meats that are gray or gray-brown.

SMELL THE MEAT
Cured meats will feature a range of smells. Avoid eating meats that have any “off” or rancid smells. What do you smell? Try to describe the aromas before placing in your mouth. Are they more herbaceous, savory, sweet, or salty smelling?

TASTE THE MEAT
Cured meats should prominently feature an “umami” flavor. Pay attention to the texture and mouthfeel, the flavors and finish. How does it feel on the tongue? Smooth, grainy, fatty, rough? How does it taste? Is it strong or mellow? Is it salty or herby?

TIPS FOR TASTING

TASTE THE STRENGTH
Taste your charcuterie in order of strength, starting with the more delicate and mild products and working your way up to the bolder flavors.

WHAT TO LOOK FOR
Whole muscle meats tend to be sweeter, nuttier and have a prominent “umami” flavor. Encased meats often have a tang, with intense notes of pepper, fennel, and truffle, depending on the seasoning.

REGIONAL PAIRINGS
What grows together goes together is a good rule of thumb. Try pairing wine, cheese and charcuterie produced in the same region.

TEXTURE & ACIDITY MATTER
Texture and acidity matters when pairing your charcuterie with cheese. Contrast texture, such as a thin, soft slice of meat with a crumbly cheese. Pair a tart, citrusy, and bright cheese with a fattier meat, or vice versa.

MIX & MATCH
Complementary flavors help concentrate what’s shared, while contrasting flavors help bring out unique characteristics.

WINE & CHARCUTERIE
Pair like with like, matching delicate meats with crisp white wines or light-bodied reds; mild meats with medium-bodied, fruiter wines; and strong meats with full-bodied reds.

“Respect the slice. Don’t fold or ball up a perfectly sliced piece of prosciutto and pop it into your mouth, you’ve just covered up most of the surface area of the product before it touches your taste buds.”

- Boccalone SF

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Ask questions, taste and learn from the experts who know charcuterie best!

MAKE FRIENDS WITH YOUR CHARCUTERIER
From your local deli to artisan butcher, your charcuterier handles charcuterie meats every day, so they have first-hand knowledge of which charcuterie is tasting best, what’s new, rare, or exciting. Here are a few tips:

WHAT’S FRESH
Ask your merchant for their personal recommendations or preferences. What meats are in great condition that day? Which meats do they want to take home? What are they excited about?

PROVIDE THE DETAILS
Provide details on when and how you will be utilizing your charcuterie. Will you be serving it with other food, with wine, by itself?

TASTE TEST
Sample the items to confirm that it’s what you are looking for.

RECOMMENDED PAIRINGS
Ask for advice on what wines, cheeses, or other accompaniments they would recommend.

WHAT DO THEY KNOW?
Where does the meat come from and how is it handled? When was the product made and when is the best time to enjoy it?

HOW LONG HAS IT BEEN OPENED?
Ask how that might affect the flavor or quality of the product.

MEET THE CONTRIBUTORS

Fatted Calf is a charcuterie and butcher shop from California dedicated to the details that produce incredibly tasty food. Sourcing the right ingredients and creating their meaty goods in small batches ensures proper attention is paid to each step in the process. The extra time they take creates a truly exceptional product you’re sure to enjoy.

www.fattedcalf.com

Boccalone is the creation of Chris Cosentino and Mark Pastore, who are known for their authentic Italian cuisine and commitment to sustainability at Incanto restaurant in San Francisco. Boccalone artisan salumi combine high quality pork, Italian sea salt, and the freshest spices with the rarest of all ingredients: time. They start with sustainably-raised, heritage-breed pork, then combine old-world recipes and traditional methods with modern technology to create delicious salumi.

www.boccalone.com