

How to make a simple 'Parma Ham' at home.

Genuine **Parma ham** is one of Italy's most famous food products and is often imitated, this method gives a faithful reproduction and is simple to follow but both the method and ingredients must be followed closely to avoid spoilage and food poisoning!

I have posted pics using a full 'bone in' leg but I would recommend first timers try with a smaller piece of pork to start with as the curing times will be less and if it all goes horribly wrong you won't be too much out of pocket!

You will need:

- 1 piece of pork. Leg, loin, or even belly will do.

- Cure mixture, I sell an all in one 'Parma Ham' cure that has the right amount of cure and seasonings or you can make your own using the following:

250 grammes Demerara sugar
350 grammes coarse sea salt
25 grammes cure 2 (alternative name Prague powder 2)
40 grammes coarse ground black pepper
10 grammes ground juniper berries
25 grammes ground garlic powder

Total weight of cure is 700 grammes, this will cure 8 kilos of meat, ie use 87.5 grammes of cure per kilo of meat.

Method.

1. Chill the meat overnight



2. Rub the meat with half of the cure mixture, if using a boned joint ensure that the inner surface of the meat is properly coated, massage the cure into any crevices.



3. Wrap the meat tightly in cling film or seal in a Ziploc bag or vacuum pack and leave in the fridge for 15 days.



4. Unwrap the meat and repeat step 2 with the remaining cure mixture.



This picture was taken after the initial 15 day cure.

5. Leave the meat to cure for another 15 days.

6. Unwrap the meat and leave to soak in tepid water for half an hour.

7. hang the ham for 6 hours in a fridge or draughty cool room.



8. Hang the **ham** in a warm room for 3 days, (an airing cupboard is ideal).

9. Smear the meat side of the **ham** with a mixture of lard and black pepper.



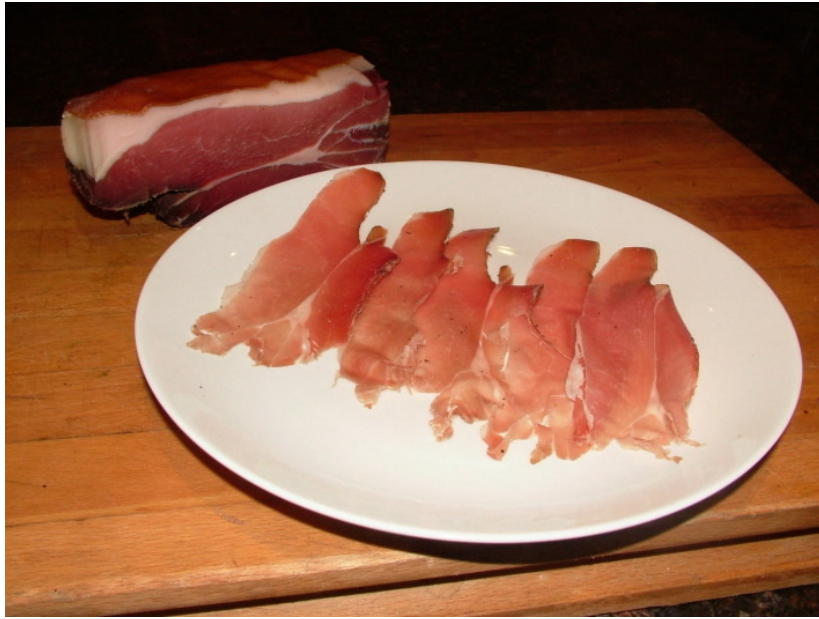
10..Hang the ham for a minimum of 30 days at 15 degrees Celsius with a 70% relative humidity.



This leg was aged for 2 months as it still had the bone in, smaller joints may be cured and aged for a shorter length of time.



Finished article 😊



Franco