



**culture** the word on cheese PRESENTS

# COOKING WITH *Jambon de Bayonne*



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## ABOUT

# Jambon de Bayonne

The pride of the Basque region of France, Bayonne Ham (Jambon de Bayonne in French) must be made following a carefully controlled process, which has remained the same for 1,000 years. Bayonne Ham is a PGI (Protected Geographical Indication) product—an official EU guarantee of quality and provenance. Bayonne Ham is produced in a strictly defined geographical zone between the Pyrénées and the Atlantic, where the dry mountain air and moist ocean air meet to create an ideal environment for raising the pigs and for making and aging the ham. The basic elements of Bayonne Ham production are simple: pork, salt, air, and time.

The origins of Bayonne Ham are steeped in a salty legend. During the Middle Ages, a wild boar evaded the hunters that had wounded it and was later discovered perfectly preserved in salt from underground springs in the foothills of the Pyrénées. The town that grew up around the saltwater springs, Salies-de-Béarn, still provides all of the mineral-rich salt used to cure Bayonne Ham, which is aged for a minimum of 12 months.

The pigs that provide the pork for Bayonne Ham are also PGI-certified. Raised only in southwest France, they are allowed to graze freely and are never treated with steroids or antibiotics. The pigs are also fed non-GMO corn and grains grown on or nearby the farms where they are raised.

The result of this stringent process is a melt-in-your mouth cured ham that graced the tables of French nobility for centuries and remains the most popular ham in France. Exceptionally tender, with a nutty, creamy, flavor and a whisper of salt, Bayonne Ham is perfect on a charcuterie and cheese board, in a simple sandwich, or in a wide variety of recipes.



### *No Recipe Needed:* EASY WAYS TO SERVE BAYONNE HAM

Create an all-Basque cheese and charcuterie board with Bayonne Ham, Ossau-Iraty, Bleu des Basques, Itxassou black cherry jam, and Piment d'Espelette pepper jelly. Don't forget a crusty baguette.

Wrap blanched asparagus spears with strips of Bayonne Ham.

Stuff a Medjool date with blue cheese and wrap with a strip of Bayonne Ham. Bake at 400°F on a parchment-lined baking sheet for 10-12 minutes or until ham is crispy.

Place slices of Bayonne Ham on a parchment-lined baking sheet and bake at 375°F for 10-15 minutes or until crispy. Crumble into large pieces and serve on top of a Caesar salad.

For more ideas, see  
[jambon-de-bayonne.com](http://jambon-de-bayonne.com)





# FAQ

## How many producers of Bayonne Ham are there?

There are about 1,500 pig producers who qualify for the PGI intake policy for Bayonne Ham. The PGI-certified pigs are bred on 800 farms in the southwest of France. The farmers ensure the welfare of the animals, and are certified annually by the Jambon de Bayonne Consortium, which oversees all aspects of production. The meat is salted with PGI Salies-de-Bearn salt from one salting area—the Adour basin—and the hams are cured by 29 charcuterie specialists.

## How is Bayonne Ham sold?

Bayonne Ham can be sold in various forms. Whatever form it takes, it gets its full flavor when cut into very thin slices, called "chiffonnade de Jambon de Bayonne." The hams and the packaging must bear the name "Protected Geographical Indication," or its logo, and the Basque cross "la Lauburu." Slicing a whole Bayonne Ham on the bone requires specialized tools, including a "griffe," or ham holder. Gourmet shops and delis may instead carry vacuum-packed boneless Bayonne Ham, in halves or quarters, and slice it to order. Most U.S. consumers will purchase individually packaged, pre-sliced Bayonne Ham, which is easy to use.

## How long can I keep an unopened package of Bayonne Ham?

An unopened package can be stored in the refrigerator for 75 days.

## What's the best way to store Bayonne Ham once the package has been opened?

Use opened packages, or sliced Bayonne Ham from the deli counter, within 2 days.

## What's the nutritional makeup of Bayonne Ham?

Bayonne Ham is high in unsaturated fatty acids and low in saturated fatty acids. It stands out as a source of B group vitamins, especially vitamin B1—a polyunsaturated fatty acid antioxidant that protects cellular membranes and fights against cell aging. Bayonne Ham is also a good source of high-value protein and essential fatty acids while being low in cholesterol; half the fat in Bayonne Ham consists of oleic acid—the principal fatty acid in olive oil.



## BAKED PEARS WITH BLUE CHEESE AND BAYONNE HAM

*You can easily double this recipe for a larger group. Serve a half pear per person for a first course, both halves for a special lunch, or on a platter for a holiday buffet.*

SERVES 3 TO 6

**FOR THE PEARS:**

3 bosc pears, washed and cut in half  
6 tablespoons blue cheese  
6 slices Bayonne Ham

**FOR THE VINAIGRETTE:**

2 tablespoons minced shallots  
2 tablespoons white wine vinegar  
1 tablespoon Dijon mustard  
1½ cups olive oil

**TO SERVE:**

3 cups baby arugula

- ▶ Heat oven to 400°F and lightly grease a baking sheet. With a melon baller or teaspoon scoop seeds out of the center of each pear half to create a well. Fill each well with one tablespoon blue cheese and wrap each pear half with a slice of Bayonne Ham. Place the wrapped pears on the baking sheet. Bake for about 20 minutes, until the cheese has melted, the Bayonne Ham is a bit crispy, and the pears are slightly softened.
- ▶ While the pears bake, make the vinaigrette. In a medium-sized bowl let the shallot sit in the vinegar for 10 minutes. Whisk in the mustard. Slowly whisk in the olive oil letting the mixture emulsify.
- ▶ Let baked pears cool slightly, or cool to room temperature. For individual servings, divide the arugula between 6 plates, top each with a pear half, and drizzle with 2 tablespoons vinaigrette. Or, spread the arugula on a large platter, top with the pears, and serve the vinaigrette on the side.







## MUFFINS WITH BAYONNE HAM, CHEDDAR, AND SCALLIONS

*These savory muffins are great for breakfast, with soup, or as a simple snack. Before enjoying them, let cool to allow the flavors to come together.*

MAKES 12 MUFFINS

2 cups plus 1 tablespoon unbleached all-purpose flour  
1 tablespoon sugar  
2 teaspoons baking powder  
½ teaspoon baking soda  
½ teaspoon salt  
1 cup whole milk  
½ cup olive oil  
1 large egg  
1, 3-ounce package Bayonne Ham, chopped  
3 scallions, sliced thin  
1 cup shredded sharp cheddar, divided

- ▶ Heat oven to 400°F. Spray a 12-cup muffin pan with nonstick cooking spray.
- ▶ In a small bowl mix 1 tablespoon flour with the Bayonne Ham, making sure to coat all the pieces while separating them. This will prevent the Bayonne Ham from clumping together in the batter.
- ▶ In a large bowl, whisk together 2 cups flour, sugar, baking powder, baking soda, and salt. In another bowl whisk together milk, olive oil, and egg. Using a spatula, stir the wet ingredients into the dry ingredients, mixing well to combine. Fold in the scallions, Bayonne Ham, and ¾ cup of the cheddar, making sure all the ingredients are evenly distributed.
- ▶ Fill muffin cups three quarters full and sprinkle with remaining cheddar. Bake for 20 minutes, turning pan halfway through. Muffins are ready when the tops are golden and a toothpick inserted in the middle comes out clean. Let rest about 10 to 15 minutes before serving. Keep in the refrigerator for three days or freeze for up to one month.



## BAYONNE HAM-WRAPPED MELON WITH LEMON VINAIGRETTE

*This version of the classic first course is best served in the summer when the melons are ripe and in season. It also makes a wonderful light summer lunch.*

SERVES 8

2 tablespoons lemon juice (about half a large lemon)  
½ cup olive oil  
½ teaspoon salt  
¼ teaspoon pepper  
Half of a small cantaloupe, rind and seeds removed  
Half of a small honeydew melon, rind and seeds removed  
16 slices Bayonne Ham  
½ cup Italian parsley leaves

- ▶ In a small bowl whisk together lemon juice, olive oil, salt, and pepper.
- ▶ Cut each melon half into 8 wedges. Wrap each wedge with a slice of Bayonne Ham. Place wrapped melon wedges on a platter, alternating cantaloupe and honeydew to create a colorful pattern.
- ▶ Just before serving, drizzle the vinaigrette evenly over the melon wedges. Sprinkle with parsley leaves.







## BAKED ENDIVES WRAPPED WITH BAYONNE HAM

*This dish is elevated comfort food, yet so simple to put together. The nutty sweetness of the Bayonne Ham and creamy richness of the béchamel sauce combined with the mild bitterness of the endives and topped with savory Gruyère creates a feast of flavors.*

SERVES 4 TO 6

4-6 medium-large endives, trimmed and cleaned  
2 cups chicken stock  
8-12 slices Bayonne Ham  
3 tablespoons butter, plus extra for the pan  
3 tablespoons unbleached all-purpose flour  
1 cup whole milk  
1 cup grated Gruyère cheese

- ▶ Butter an 8" x 8" baking dish and heat the oven to 375°F.
- ▶ Heat chicken stock in a shallow saucepan or sauté pan to a simmer. Place endives in the stock and poach 10 minutes per side.
- ▶ Transfer endives to a colander placed over a bowl to drain and collect the liquid. Cool them enough to handle.
- ▶ Wrap each endive with 2 slices Bayonne Ham and place in buttered baking dish.
- ▶ Collect poaching liquid in a measuring cup; you should have about ½ cup. Add milk to measuring cup to make 1½ cups of liquid.
- ▶ Melt 3 tablespoons butter in a saucepan on medium heat. Add flour, stirring and cooking for about 2 minutes. Slowly add milk mixture and whisk vigorously to avoid any lumps. Keep whisking until mixture gets thick and creamy, about 3 minutes.
- ▶ Pour sauce over endives and cover evenly with cheese.
- ▶ Bake for 20 to 30 minutes, until the sauce bubbles a bit, the cheese has melted, and it has started to turn golden.



## CAULIFLOWER SOUP WITH BAYONNE HAM CHIPS AND CRISPY SHALLOTS

*Serve this creamy soup in small bowls as a first course or in heartier portions for a satisfying lunch. The Bayonne Ham chips and shallots are delicious on a salad, so make extra.*

SERVES 4 TO 6

1 head cauliflower (about 2 pounds), cut into small florets  
1 large shallot, sliced thin  
3 slices Bayonne Ham, cut into ½ inch pieces  
½ cup vegetable oil  
3 tablespoons olive oil  
1 medium onion, chopped  
1 quart chicken stock  
1 cup heavy cream  
Kosher salt to taste  
Freshly ground black pepper to taste

- ▶ In a small saucepan heat vegetable oil over medium-low heat. Add half the shallot slices and fry until golden and crispy. Drain on a plate lined with paper towel. Repeat with the second half. Once all the shallots are fried, fry the Bayonne Ham in two batches until dark, curly, and crispy. Drain on another plate lined with paper towel. Set Bayonne Ham chips and shallots aside until ready to serve.
- ▶ Heat olive oil in a stockpot over medium heat until shimmering. Add onion and sauté until soft, about 5 minutes. Add cauliflower florets, stirring to combine with oil and onion, about 2 minutes. Add chicken stock and bring to a boil. Reduce heat to a simmer, cover and cook for 10 to 15 minutes, until the florets break apart. Take pot off heat and let cool 10 minutes.
- ▶ Purée soup in the pot with an immersion blender or transfer to a food processor, process until smooth and return to pot. Season to taste with salt and pepper. Slowly whisk in heavy cream.
- ▶ Reheat the soup making sure not to bring it to a boil. Ladle into bowls and sprinkle with Bayonne Ham chips and crispy shallots.







## BAYONNE HAM PIZZA WITH TOMATO AND FRESH MOZZARELLA

*Using a cast-iron pan makes for a crispy crust and ease in the oven.  
Be sure to have all the ingredients ready as this recipe comes together quickly.*

MAKES TWO, 10-INCH PIZZAS  
SERVES 4 TO 6

2 medium tomatoes, sliced thin  
1 pound pizza dough  
2 tablespoons olive oil, divided  
4 tablespoons zhoug (spicy cilantro pesto) or traditional basil pesto, divided  
8 slices Bayonne Ham, cut in half vertically and divided  
1 cup shredded fresh mozzarella, divided

- ▶ Heat oven to 475°F.
- ▶ Lay the tomato slices on a cookie sheet lined with paper towel to drain.
- ▶ Cut dough in half and let rest on a cutting board for 20 minutes.
- ▶ Heat 1 tablespoon of olive oil in a 10-inch cast-iron pan until shimmering. Shape one half of the dough into a 10-inch round. Lower the heat in the cast-iron pan and place dough carefully into pan. Working quickly spread 2 tablespoons of zhoug or pesto over surface of dough. Top with half of the tomato slices, half of the Bayonne Ham, and sprinkle with  $\frac{1}{2}$  cup of the mozzarella. Place in the oven and bake for 15 minutes, until the dough is golden brown and the cheese is melted.
- ▶ Transfer pizza to a cutting board and repeat with the remaining ingredients to make the second pizza. Cut each pizza into 6 to 8 pieces and serve.



## TWICE BAKED STUFFED POTATOES WITH BAYONNE HAM, BROCCOLI, AND CHEDDAR

*These family friendly loaded potatoes can be filled ahead of time and finished when you are ready to eat. Top them with cheese right before putting them in the oven.*

SERVES 4 AS AN ENTRÉE OR 8 AS A SIDE DISH

4 medium size russet potatoes, scrubbed clean  
4 teaspoons olive oil  
4 tablespoons unsalted butter, room temperature  
¼ cup sour cream  
¼ cup heavy cream  
1 teaspoon salt  
2 cups shredded cheddar cheese, divided  
1, 3-ounce package Bayonne Ham, chopped  
1 cup broccoli florets, steamed  
½ teaspoon pepper

- ▶ Heat oven to 425°F.
- ▶ Rub each potato with a teaspoon of oil. Wrap in aluminum foil and bake directly on the middle rack of the oven for one hour or until a knife goes in easily. Unwrap potatoes and let sit until easy to handle but still warm, about 10 minutes. Lower oven temperature to 350°F.
- ▶ Cut potatoes in half. With a spoon, scoop out potato flesh into a large bowl, leaving about ¼ inch of flesh around each potato. Place potato halves on a baking sheet.
- ▶ Add butter to the bowl, mashing and incorporating with a spatula. Add sour cream, heavy cream, and 1½ cup of the cheddar, mixing well. Add broccoli and Bayonne Ham, mixing until both ingredients are evenly distributed.
- ▶ With a large spoon, divide the mixture evenly among potato shells without packing it in too tightly. Top filled potatoes with remaining cheddar. Bake potatoes 25 to 30 minutes, until the cheddar is melted, bubbly, and golden.







## BAYONNE HAM AND MUSHROOM RISOTTO

*This is a dish that needs some attention, but the delicious result is worth the time spent stirring. Be sure to taste the finished risotto before adding any salt; the Bayonne Ham and the parmesan may provide enough.*

SERVES 4

2 tablespoons olive oil plus a bit more if needed  
1 large shallot, minced (about ½ cup)  
6 ounces shiitake mushrooms, stemmed and sliced thin  
1, 3-ounce package Bayonne Ham, chopped  
1½ cups arborio rice  
½ cup dry white wine  
4 cups chicken stock  
2 tablespoons butter, room temperature  
½ cup finely grated parmesan, plus more for serving

- ▶ In a medium saucepan, heat chicken stock and keep it warm as you make the risotto.
- ▶ Heat olive oil on medium-high heat in a large stock pot until shimmering. Add shallot and sauté until soft, about 5 minutes. Add mushrooms and cook for another 2 minutes. If the pot seems too dry add another tablespoon of oil. Add Bayonne Ham and sauté for 2 minutes. Add rice, stirring to make sure the rice gets nicely coated with the oil and liquid from the mushrooms.
- ▶ Reduce heat to medium/low. Add wine and stir until it is almost evaporated. Slowly add a ladleful of hot stock to the rice, stirring until liquid is fully absorbed. Continue adding one ladleful at a time for 30 minutes, stirring after each addition and waiting for liquid to be absorbed each time. The mixture will start to get starchy and thick. Once all the stock has been used, taste the rice; it should be soft but still have a bit of an al dente bite.
- ▶ Remove from heat, add butter and stir until completely incorporated. Stir in the parmesan. Cover the pot and let sit for 5 minutes.
- ▶ Serve in shallow bowls with crusty bread and extra parmesan.



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