



HAM PASSION TOUR, HAM THE PASSION OF EUROPE

Three irresistible gourmet recipes made with Iberian Ham

The Michelin star chef, Javier Estévez, defies all culinary taboos with a modern vision that claims traditional dishes with special textures.

These three recipes with Iberian Ham (Inverted Croquette with Iberian Ham, Iberian Consommé with borage and Artichoke Chips with Iberian mayonnaise) are a perfect opportunity to integrate the unmistakable flavor of this delicacy in your dishes and experience the splurge of fragrant nuances and elegant texture in the mouth

January 26, 2021.- It is not easy to prepare recipes with Iberian Ham because it is an excellent product that does not need anything, it is usually eaten alone or with a little bread. However, great chefs such as the popular chef Javier Estévez, a fan of this food, claim its ability to combine it perfectly with all kinds of ingredients and show the range of culinary possibilities that it offers in the kitchen.

For Estévez “the line that must be followed is the full use of what a leg of ham is. Not only from the sliced, which, of course, is the best option, but also from the parts that stick to the bone: we have the fat from the ham that allows us to make different stews or mayonnaise; and the bone, which gives us some wonderful broths. It is about making full use of the Iberian Ham.”

The revelation chef of Madrid Fusión 2016 proposes, through these three exciting and delicious recipes (Inverted Croquette with Iberian Ham, Iberian Consommé with borage and Artichoke Chips with Iberian mayonnaise), a different perspective on how to take advantage of absolutely everything the Iberian Ham has to offer, intensely approaching the benefits of this unique food in the world that never disappoints. Innovative elaborations, based on Iberian Ham, that show the versatility of this irreplaceable product of the European gastronomy and that also goes against food waste because it allows its full use.

In this sense, ASICI, through its Iberian Hams from Spain and the EU brand, and in the context of the promotional campaign that has consolidated the internationalization of Iberian Ham, "Ham Passion Tour," has promoted educational workshops aimed at journalists and influencers who have been able to appreciate the flavors and aromas of Iberian Hams from Spain in a unique and unrepeatable way.

London, Hamburg, Paris and Mexico City have hosted this type of event with great success of participation and interactivity. For this, it has relied on influential chefs, who have investigated new culinary uses through unique and avant-garde menus around Iberian Ham, such as Mikel Alonso (KO Ma restaurant in Mexico DF,) José Pizarro (The Good Housekeeping Institute of London), Patricio de Diego (Le Miroir skyscraper in Paris) and Jesús Díaz (Portomarin in Hamburg).



INVERTED CROQUETTE WITH IBERIAN HAM (10pp)

Instead of the traditional fried croquette, we make a ham base with a little onion, cover it with a béchamel sauce and finish with toasted panko. The idea is to serve it in a glass or similar to eat it with a spoon.

INGREDIENTS:

- 90gr butter
- 90gr flour
- 1 liter of milk
- Salt
- Pepper
- Nutmeg
- 100gr Iberian Ham in cubes
- 100gr of onion in brunoise
- 50gr toasted panko
- Chives

ELABORATION:

- Cook the butter, add the flour to make the roux and add the milk to make a béchamel.
- Add salt, pepper and nutmeg to taste and blend.
- Put aside in a glass at medium temperature.
- Make a sauce with the onion and ham and set aside.
- When you serve it, put the ham on the base of a glass, cover with the béchamel sauce and the toasted panko.
- Finish with some chives.
- This way of eating the croquette allows us to make it with the filling that we most want.



IBERIAN CONSOMMÉ WITH BORAGE (10 pax)

Borage stew with Iberian Ham consommé, a crunchy ham and chervil powder.

It is very important to select Iberian Ham bones and drier parts to make our consommé. This way we will take advantage of the entire product.

INGREDIENTS:

- 1kg Iberian Ham bones
- 800gr of cooked borage
- 20gr sliced garlic
- 10 slices of Iberian Ham with a little fat
- Chervil sprouts

ELABORATION:

- Put the ham bones to cook with cold water in a pot. When it boils, throw that water away and put clean water back on the pot.
- Cook for 2 hours, strain and reduce until tasty. Set aside.
- Meanwhile, sauté the borage with the sliced garlic and set aside.
- Fry the Iberian Ham in oil very carefully and once it is dry, blend. Set aside.
- When plating, put the borage in the base, salt with the crispy ham and serve the broth around it.
- Finish with chervil sprouts.
- You can accompany this consommé with any type of vegetables or even fish.



ARTICHOKE CHIPS WITH IBERIAN MAYONNAISE (10 pax)

From the excellent Iberian fat, we will make a mayonnaise to accompany some artichoke chips. Laminate the artichoke very thinly and fry it until it is very crisp.

In this case we take advantage of the Iberian ham fat to melt it in sunflower oil and from there we make the mayonnaise.

INGREDIENTS:

- 10 artichoke
- 3 liters of sunflower oil
- 500 grams of Iberian bacon
- 2 eggs
- Shredded dry Iberian ham

ELABORATION:

- Clean the artichokes and confit in oil together with the fat of the Iberian ham.
- Cool the oil and make a mayonnaise with the eggs. Set aside.
- Fry artichokes until crisp.
- When plating, put a little ham mayonnaise on the base, then the artichoke on top and finish with the ham salt.
- This mayonnaise can be used to accompany both meats, fish or vegetables

About ASICI

The Interprofessional Association of the Iberian Pig (ASICI), is a non-profit Interprofessional Agrifood Organization (OIA) in which more than 95% of the organizations of the production branch (livestock farmers) and more than 95% of the branch of the transformation (industrial) of Iberian pig. Created in 1992, it was recognized by the Ministry of Agriculture, Fisheries and Food in 1999 as an Interprofessional Agri-Food Organization for the Iberian Pig Sector.