



Bayonne ham's secrets revealed!

Nothing is secret when your trust in a product is based on openness and respect for the tradition and the steps which all play an essential part in curing a Bayonne ham.

Produced using traditional methods

Curing: in winter-style conditions

The whole, fresh hams are rubbed with salt from the Adour basin salt marshes. They are then covered with a thick layer of salt and placed in the salting room.

Settling: in the curing room

The hams are suspended in a room where they are dried at low temperature in artificially created winter conditions.

Drying: hung from the rafters

The hams are hung in the drying rooms, where the long maturing process begins, gradually enhancing their flavour, aroma and tenderness.

“Pannage”: while waiting to be eaten

“Pannage” is the process where a mixture of pork fat and flour is applied to the muscular parts of the ham, making for a gentler drying process during the long maturing period.

Maturing: waiting for the ham to mature

In this last step, the ham acquires all of its qualities and reveals its personality: a mild flavour, balanced saltiness and delicate aroma.

Sampling: the final step before tasting

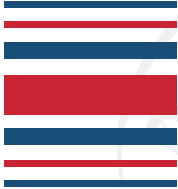
The hams are tested at the end of the curing period, assessed by experts who define the hams' taste qualities.

On average, it takes 9 to 12 months to make a Bayonne ham.

The Lauburu cross, the “Bayonne” seal

Hams are branded with the Lauburu cross, the “Bayonne” seal, if they have successfully passed each of the different selection stages.



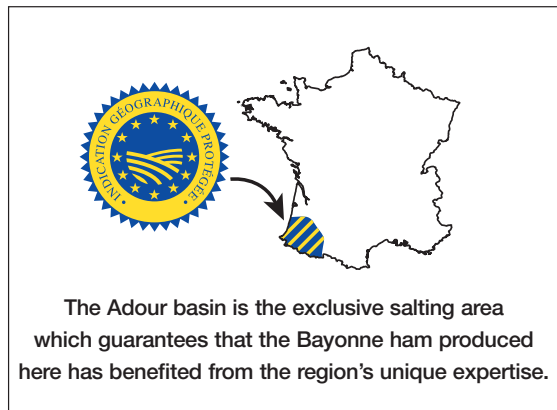


Bayonne ham, an origin certified product

A ham can only become a Bayonne ham if produced in very specific, clearly identified areas, such as the Adour basin for salting and South West France for rearing.

The Adour basin, an outstanding region

Bayonne ham is produced the same way it was a thousand years ago in the heart of a strictly defined area: the Adour basin. Nestled between the Atlantic Ocean and the Pyrenees mountains, the unique conditions of this region are what produce Bayonne ham.



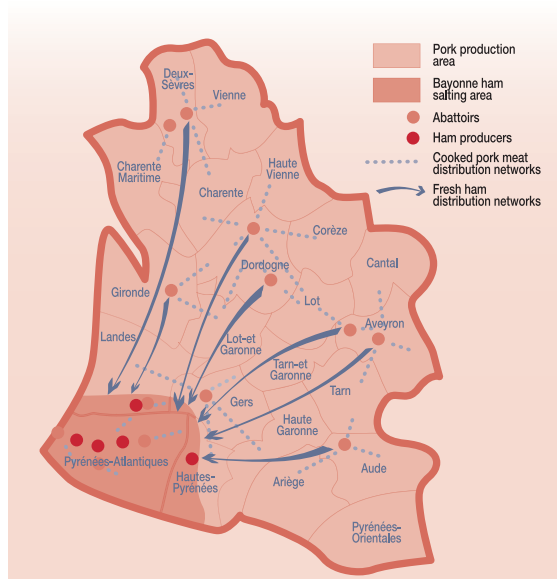
South West France breeding area

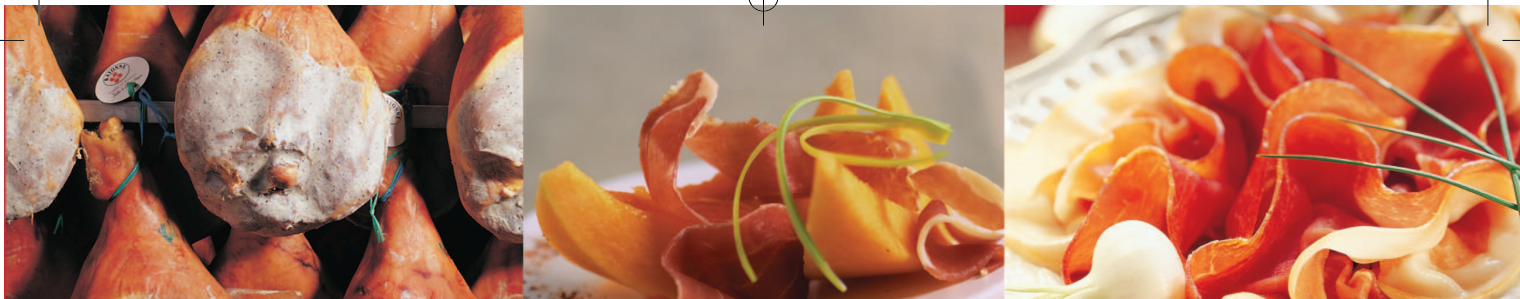
The pigs destined to become Bayonne hams are exclusively born and bred in this particular area in the South West of France.

This area includes 22 departments and the regions of Aquitaine, Midi-Pyrénées and Poitou-Charentes as well as a few other border departments.

The PGI, the origin certified guarantee

The Protected Geographical Indication officially guarantees the origin of products which come from regions of history and tradition. It is a sign of quality and origin created by the European Union in 1992. The PGI informs consumers about the specific characteristics of products and protects their geographical names from imitation and usurpation.





Bayonne ham, a certified quality product

Bayonne ham is certified in accordance with strict and transparent specifications at every stage of production.

Bayonne ham, a certified quality product

Bayonne ham's quality requirements

At all levels of production (breeding, slaughter and butchering, salting, distribution) the specifications, approved by the authorities, consist of a strict inspection plan. This plan includes, among others, the following specifications:

- the accreditation of all operators involved in the production of Bayonne ham.
- a series of self-inspections carried out by the operators to control their own production.
- internal inspections carried out by officers from the Consortium du Jambon de Bayonne.
- external inspections carried out by specialist officers from an independent certification body.

An industry that is completely transparent at each stage of production

Outstanding breeding conditions

The infrastructures and breeding methods ensure the pigs' best genetic potential, the identification and follow-up of the animals and the application of the prophylactic plan.

The small size of farms, low regional pig population and regional sanitary follow-up programmes ensure that optimum sanitary conditions of farms are maintained.

Bayonne ham's traceability

Each stage of production is not only traced but transparent which guarantees meat quality and safety.

Traceability allows us to track each ham while it is maturing and check that the minimum drying times, which are crucial to obtaining the "Bayonne ham" seal, are observed. All the necessary identification information is printed on the ham labels.





Bayonne ham, the guarantee of a balanced diet

The pleasure of eating and nutritional balance go hand in hand with Bayonne ham.

Particularly rich in vitamins

Bayonne ham stands out for its B group vitamins and more particularly for its exceptional vitamin B1 content, providing one of the best food sources available. Vitamin B1 is a polyunsaturated fatty acid antioxidant. Its purpose is to protect cellular membranes and fight against cell ageing.

100g of Bayonne ham provides 70 to 80% of adults' recommended daily requirements.

An abundance of quality proteins

Bayonne ham is a high source of protein. Every 100g of ham contains 23g of protein. Also, 150g of Bayonne ham contains about 45% of the adults' recommended daily requirements.

Bayonne ham has an especially healthy protein/calorie ratio.

Proteins of high biological value

The protein in Bayonne ham is made up of a near perfect balance of amino acids. As all the essential amino acids are present, pork proteins have excellent biological value*.

The biological value of pork protein reaches 75, which is excellent, as any protein composition above 70 is considered to be completely satisfactory.

* The ability to provide the amino acids required for growth and maintenance.

Fat

It is a little known fact that Bayonne ham is a nutritional source of essential fatty acids.

- The Omega 6 fatty acids found in Bayonne ham fat are essential for children's growth as well as skin regeneration.
- Half of the fat in Bayonne ham consists of oleic acid, the principal fatty acid of olive oil, which is very good for your health.
- Bayonne ham is relatively low in cholesterol.





Bayonne ham, a product of the Adour basin's history and climate

The history of Bayonne ham

According to legend, Bayonne ham was created after an extraordinary chain of events. When hunting one day, Gaston Fébus, the Count of Foix, wounded a boar, which then ran off and was discovered a few months later by hunters in the Salies de Béarn salt-water source. The animal was perfectly preserved! Thus the tradition of salting in the Adour basin was born.

The first hams bore local names, such as Orthez ham, Lahontan ham and Garris ham. While the ham was not produced in Bayonne itself, the famous Basque city, with its bustling harbour, exported and promoted the local hams, which from then on became known as Bayonne ham. In their lifetimes, Jeanne d'Albret and her son Henri IV favoured Bayonne ham at their table and were its first ambassadors with Louis XIV at his marriage in Saint-Jean-de-Luz.

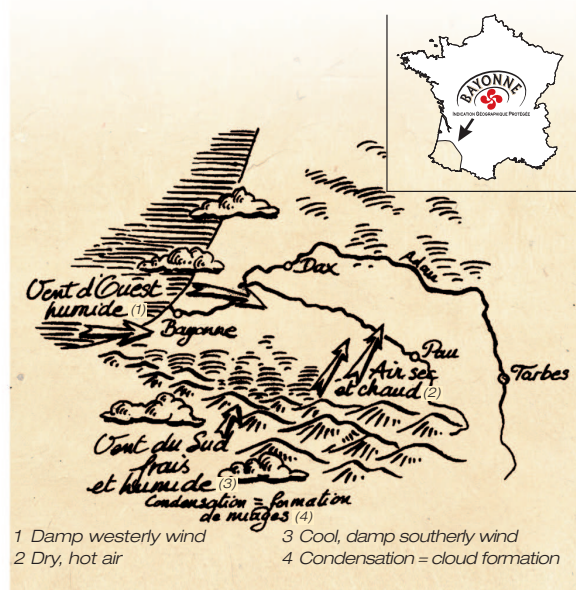
In the heart of the Adour basin

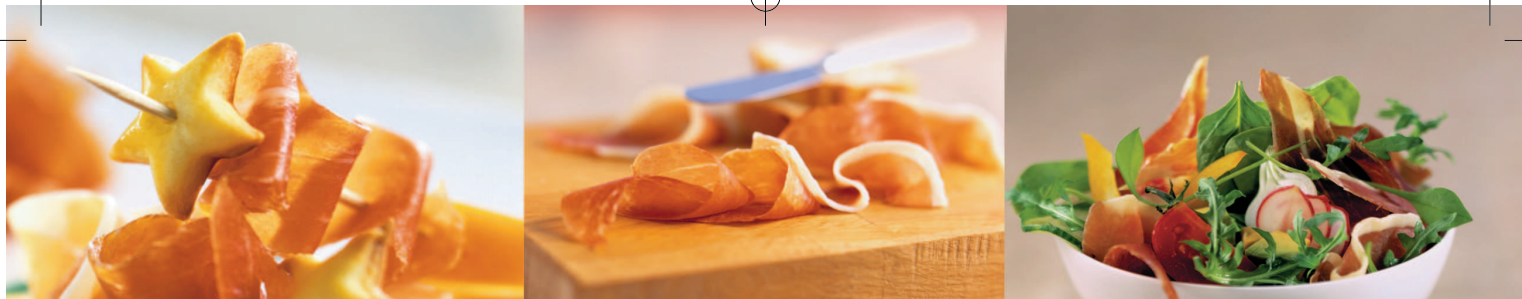
At the intersection of Landes, Béarn and Gers, a few kilometres from Pau, Orthez and Aire-sur-Adour, Arzacq perfectly embodies the countryside, climate and great agricultural and architectural traditions of the Adour basin.

On the road to Compostela, in the heart of the salting area, everything needed to promote Bayonne ham is available in one site, to drive campaigns and coordinate the initiatives that benefit an entire industry and region.

The Arzacq site, housing the head office of the Consortium du Jambon de Bayonne, a training and research centre (PYRAGENA), a quality control centre (ABIOC) and a museum (the "Maison du Jambon de Bayonne"), was opened in December 2000.

This site combines all the vitality of one of today's most famous regional products with 1,000 years of expertise, history and enjoyment!





Bayonne ham inspires the best

Bayonne ham is the jewel of the Southwest's gastronomy and a continual source of inspiration for all the recipes that incorporate the magic of that region.

SLICED... AND SPICED Bayonne ham chiffonnade

Have your pork butcher slice up a good quantity of Bayonne ham chiffonnade.

Your guests will love it as an appetizer. Bayonne ham chiffonnade is also excellent as a starter, served alone or with lettuce, tomatoes or melon.

For a more elaborate recipe, start by toasting a few slices of bread.

Next, rub each slice of toast with a clove of garlic, then with a halved tomato, leaving a good amount of pulp.

Drizzle with olive oil then lightly sprinkle with a pinch of Espelette pepper.

Finish up by arranging the Bayonne ham chiffonnade on the toast and enjoy: it is excellent and very refreshing!



Ingredients

Bayonne ham
chiffonnade
Bread
Olive oil
Garlic - Tomatoes
Ground Espelette pepper

MIXED UP AND FEELING FINE Bayonne ham Basque Piperade

Peel and deseed the peppers, cut them into strips, then fry them in two tablespoons of oil with the chopped onion, garlic, peeled and deseeded tomatoes and the sliced chilli. Add a pinch of sugar.

Fry gently until the oil has evaporated.

Beat eight eggs and salt lightly.

Fry four slices of Bayonne ham in goose fat for two minutes, keep warm and then pour the cooking fat over the vegetables.

Add the eggs to the tomato and pepper mixture, away from the heat.

Mix up the soft mixture and fry on a low heat for three minutes.



Ingredients

1 spoonful of goose fat
1 onion, 1 bulb of garlic
Chopped parsley, 8 eggs
Oil, sugar, salt
1 kg peppers
1 kg tomatoes
1 chili
4 slices of Bayonne ham