

Prosciutto San Daniele and Grana Padano



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Great tasting Italian food is only as good as its ingredients. Grana Padano cheese and Prosciutto San Daniele are two ingredients that bring the true taste of Italy to life. Whether they are used as an appetizer, main course or dessert they play a major role in creating authentic Italian cuisines.

Grana Padano cheese can be served with fruit as an appetizer and is a well-liked companion with fresh figs, melon, pears or walnuts. Grated Grana Padano plays a big role in stuffings and adds that final touch sprinkled over pasta, risotti and other first courses and vegetables.

Finely sliced Prosciutto San Daniele can often be found paired with fruit or used as a wrapping in many dishes. This versatile prosciutto not only goes well when mixed with other ingredients, it is a dish many people enjoy eating on its own. Prosciutto San Daniele, when sliced or ground, adds true flavor and intensity to cooked dishes such as sauces and stuffings.

Grana Padano's origin dates back over one thousand years ago when Cistercian monks were the first to find a natural way of keeping extra milk. The result was a hard cheese with a granular texture (hence the name "grana"). To preserve excess milk they discovered a process that changed the milk into cheese, which retained all the nutritional properties found in milk.

The quality of Grana Padano can be recognized by its “signature”. Every wheel of Grana Padano has its “ID” stamped on the outside, guaranteed by the Consortium for the Protection of Grana Padano, an association founded in 1954 and composed of producers, “agers” and wholesalers, whose purpose is to monitor the product through the stages of production and distribution. In recognition of its high quality, the European Community has made Grana Padano a DOP (Protected Denomination of Origin) product.

In the pre-alpine Friuli region of northern Italy one can find the hill town of San Daniele. The low humidity, excellent ventilation and ideal climate of the mountains are all key factors that create the perfect ambience for curing meat and reinforcing its flavor. Prosciutto San Daniele is one of Italy’s delicacies not only for its subtle flavor but also because its production is purposely limited in order to retain its historic quality. What makes this product remarkable is the consistency in the technique of production.

Prosciutto San Daniele is made the same way it was from its start, without any changes from fashion or from new technology.

Grana Padano and Prosciutto San Daniele make Italian cooking more than just fine food; they are two ingredients that bring the true taste of Italy to life.

Nutritional Information:

Grana Padano:

Grana Padano is a light cheese, obtained from partially skimmed milk. Low in fat, Grana Padano has reduced salt content and is a great source of vitamins. The average cholesterol content in 50 grams of Grana Padano is only 70 milligrams. The cheese is easy to digest due to the enzymes created during the production process and provides an immediate source of energy. The calorie content of Grana Padano is approximately 384 per 100 grams of cheese.



Prosciutto San Daniele:

Only three ingredients go into the making of San Daniele Prosciutto: pork meat, salt, and time. San Daniele Prosciutto aged 14 months is rich in proteins (25 percent) and contains less than 4.5 percent of saturated fat. A serving of 100 grams of San Daniele Prosciutto contains 15 milligrams of calcium, but less than 66 milligrams of cholesterol and less than 2.5 milligrams of sodium. In addition, San Daniele Prosciutto contains bio-available components such as iron, zinc and B-complex vitamins.





Suggested Recipes



PASTA PASTICCIATA AL PROSCIUTTO DI SAN DANIELE

For the sauce:

1 stalk celery, cut into large pieces

2 cloves garlic, peeled

15 sprigs Italian parsley, leaves only

1 medium-sized red onion, cleaned and cut into large pieces

12 ounces PROSCIUTTO DI SAN DANIELE, sliced

1/2 cup extra virgin olive oil

4 tablespoons (2 ounces) unsalted butter

Salt and freshly ground black pepper

A large pinch of ground saffron

2 cups completely defatted chicken broth, preferably homemade

For the balsamella (Bechamel):

3 tablespoons (1-1/2 ounces) unsalted butter

3 tablespoons unbleached all-purpose flour

2 cups whole milk

Salt to taste

Plus: 1 pound dry tubular pasta, such as penne, preferably imported Italian

Coarse grained salt

4 tablespoons (2 ounces) unsalted butter

1 cup freshly grated GRANA PADANO cheese

To serve: Freshly grated GRANA PADANO cheese, for each serving

Prepare the sauce. Use a meat grinder to finely grind celery, garlic, parsley, onion and PROSCIUTTO DI SAN DANIELE all together. Place a casserole with the oil and butter over medium heat and when the butter is melted, add the ground ingredients and sauté for 5 minutes, stirring constantly with a wooden spoon. Season with salt and pepper, then dissolve the saffron in the broth and start adding the broth to casserole 1/2 cup at a time. When all the broth has been used up, the sauce should be homogeneous and rather smooth. Meanwhile prepare the balsamella (Bechamel) with the ingredients and quantities listed above, transfer the sauce to a crockery or glass bowl and let rest, covered, until cool, about 1/2 hour. Bring a large pot of cold water to a boil, add coarse salt to taste, then the pasta and cook from 8 to 10 minutes, depending on the brand, that is 1 minute less for normal "al dente". Drain the pasta, transfer it to a bowl and add 3 of the 4 tablespoons of the butter. Mix very well. Preheat the oven to 375 degrees and butter bottom and sides of a glass baking dish with the remaining tablespoon of butter. Mix the pasta with half of the prosciutto sauce and use 1/3 of the sauced pasta to make a layer on the bottom of the baking dish. Over this layer of pasta arrange half of the béchamel, then half of the remaining PROSCIUTTO sauce and finally half of the GRANA PADANO cheese. Make one more layer of pasta, then the cheese, the Prosciutto sauce and on top of everything the remaining balsamella. Bake for 25 minutes. Remove baking dish from the oven, gently mix the baked pasta and serve hot with grated GRANA PADANO cheese over each serving.

GNOCCHI DI PATATE RIPIENI

Stuffed Potato Gnocchi

Place the potatoes in a stockpot and add coarse grained salt to taste and enough cold water to cover the potatoes completely. Set the pot, uncovered, over medium heat and cook until the potatoes are very soft, about 35 minutes, depending on their size. Drain, peel the potatoes while still very hot and pass them through a potato ricer fitted with the disk with the smallest holes onto a board. Let them rest until cool. Meanwhile prepare the stuffing. Place PROSCIUTTO, GRANA PADANO CHEESE and the whole egg in a crockery or glass bowl. Season with pepper and mix very well with a wooden spoon. Knead 1/2 cup of the flour, the egg and the cheese into the riced potatoes and season with salt, pepper and nutmeg. Cut the potato mixture into several pieces and, using your fingers and the heavily floured palms of your hands, roll them into “ropes” about 2 inches in diameter. Cut each “rope” into 1/2 inch pieces. Holding each piece in the palm of your hand, insert 1 heaping teaspoon of the stuffing into the potato piece. Roll and lightly flour each piece to resemble a small ball. Bring a large pot of cold water to a boil over medium heat and place an oven proof serving platter with the butter over the pot as its lid. When the water reaches a boil, remove the platter, add coarse salt to taste, then the gnocchi, 10 to 15 at a time. When they float to the surface of the water, use a skimmer to transfer them to the warmed serving platter with the melted butter. When all the gnocchi are on the platter sprinkle over abundant freshly grated GRANA PADANO cheese and serve hot with sage leaves.

For the gnocchi:

1-1/2 pounds all-purpose potatoes

Coarse grained salt

1 cup unbleached all-purpose flour

1 extra large egg

3 heaping tablespoons freshly grated GRANA PADANO cheese

Salt and freshly ground black pepper to taste

A large pinch freshly grated nutmeg

For the stuffing:

6 ounces PROSCIUTTO DI SAN DANIELE, finely ground

4 ounces freshly grated GRANA PADANO cheese

1 extra-large egg

Freshly ground black pepper to taste

For serving:

8 tablespoons (4 ounces) unsalted butter, at room temperature

Abundant freshly grated GRANA PADANO cheese

Fresh sage leaves

CREPELLE A SORPRESA

Crespelle ("Crepes") with a Surprise

For the crespelle:

2 cups unbleached all-purpose flour
4 tablespoons (2 ounces) unsalted butter, melted
2 extra-large egg
1 extra-large egg yolk
2 cups whole milk at room temperature
Pinch of salt

For the filling:

1 pound whole milk ricotta, drained
10 sprigs Italian parsley, leaves only, finely chopped
1 cup freshly grated GRANA PADANO cheese
1 extra large egg
1 extra large egg yolk
Salt and freshly ground black pepper
A large pinch of freshly grated nutmeg

Plus: 24 slices of PROSCIUTTO DI SAN DANIELE

For the balsamella (Bechamel)

1 cup whole milk
1 cup heavy cream
2-1/2 tablespoons unsalted butter
2-1/2 tablespoons unbleached all-purpose flour
Salt to taste
1/2 cup freshly grated GRANA PADANO CHEESE
To bake the "crespelle":
1 tablespoon unsalted butter

To serve: Several shavings of GRANA PADANO CHEESE for each serving

Prepare about 24 crespelle with the ingredients and quantities listed above, using a 6-1/2 inch crepe pan and about 2 tablespoons of the batter for each crespella. Let the crespelle rest between paper towels until cool. Prepare the filling: place the ricotta, parsley, the cheese, the whole egg and the egg yolk in a crockery or glass bowl, season with salt, pepper and nutmeg and mix very well with a wooden spoon. Prepare the balsamella with the ingredients and quantities listed above, adding the cheese once you remove the sauce from the burner. Let the balsamella rest in a glass bowl, covered with parchment paper until cool, about 1 hour. To put together this dish: butter two baking dishes and reheat the oven to 375 degrees. Place one slice of the PROSCIUTTO DI SAN DANIELE over each crespella then 1 heaping tablespoon of the ricotta stuffing on one end of each prosciutto slice. Roll up the crespelle up and place them in the baking dish. Gently pour the balsamella over the crepes and place the dishes in the oven for 20 minutes. Serve hot with slivers of GRANA PADANO CHEESE over each serving.

"CROSTATA" DI CARCIOFI

Artichoke "Crostata"

Cut the lemon in half and place in a large bowl of cold water. Soak the artichokes in the acidulated water for 1/2 hour. Clean the artichokes, removing the outer dark green leaves and the choke, and cut them into eighths. Return the artichokes to the bowl containing the acidulated water. Bring a large pot of cold water to boil over medium heat. When the water reaches a boil, dissolve the tablespoon of flour in the 1/2 cup of cold water and add it to the pot along with coarse salt to taste. Drain the artichokes and add them to the boiling water to cook for 4 or 5 minutes or until they are half cooked. Drain the artichokes and arrange them on paper towels to absorb excess of water. Let the artichokes rest until cool, about 1 hour. Finely grind the prosciutto and sage together and place the mixture in a crockery or glass bowl for later use. Mix the ricotta, parsley and garlic together then add the GRANA PADANO cheese, the egg yolks and salt and pepper to taste. Mix very well with a wooden spoon. Using half of the butter, heavily butter bottom and sides of a 10 inch in diameter double cake pan, then dust it with a little flour. Arrange all the artichokes on the bottom of the pan, sprinkle the ground prosciutto mixture over them and place dots of the remaining butter on top. Preheat the oven to 375 degrees. Beat the egg whites to soft peak, then gently fold them into the ricotta mixture. Pour the ricotta mixture over the artichokes and bake for 45 minutes. Remove pan from the oven and let rest at least 5 minutes before unmolding onto a round serving platter. Slice the "crostata" like a pie and serve it with abundant GRANA PADANO slivers and a slice of PROSCIUTTO DI SAN DANIELE for each serving.

*1 large lemon
5 large artichokes
1 tablespoon unbleached all-purpose flour
1/2 cup cold water
Coarse grained salt
4 ounces PROSCIUTTO DI SAN DANIELE, in one piece
7 fresh sage leaves
The ricotta mixture:
12 ounces whole milk ricotta, drained
10 sprigs Italian parsley, leaves only, finely chopped
1 small clove garlic, peeled and finely chopped
1 cup freshly grated GRANA PADANO cheese
5 extra – large eggs, separated
Salt and freshly ground black pepper to taste*

*To cook :
4 tablespoons (2 ounces) unsalted butter
About 3 tablespoons unbleached all-purpose flour*

*To serve:
Abundant slivers of GRANA PADANO cheese
8 slices of PROSCIUTTO DI SAN DANIELE*



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