



MURRAY'S GUIDE to Cooked and Cured Meats

Murray's Real Salami is to cooked and cured meats what Murray's Cheese is to dairy: a shop where you can learn about, taste, and buy the best artisan-made meats, sourced from conscientious farmers and producers.

CRACKLE Roasted **SPICY CURED**
PORKY | **BEEF THICKCUT | PEPPER |**
BEEF SMOKED | HOT

THINSLICED **SAVORY** **HEARTY** Hand-made
LINKS | Grassfed | SALUMI | **PLUMP**

MURRAY'S GUIDE TO COOKED & CURED MEATS

Meat is where cheese was 30 years ago: people like it, but they don't know too much about it. With the same expertise and enthusiasm we bring to cheese, we've opened a shop where people can buy cooked and cured meats made from reputable sources. We've gone ahead and done the research. We learned how the meats are made, where they come from, how to eat them, and exactly why they taste so darn good. So here it is: Murray's cheat sheet to cooked and cured meats.

COOKED MEAT Meat that has been heated as a form of preservation

CURED MEAT Meat preserved by controlling the moisture content and/or acidity of the meat with the use of starter cultures and/or salt

WHAT IS SALAMI, ANYWAY?

Salami is the Italian term for fermented and dried sausages of varying diameters, but salumi refers to all preserved meats, be it salami, whole cuts of cured ham (prosciutto, for example), or brined and cooked meats. Salumi is NOT fresh meat. Murray's Real Salami might more accurately be called Murray's Real Salumi, as we sell a wide variety of cooked and cured meats. Our meat shop will be different from your neighborhood butcher shop and will be a closer cousin to the charcuterie shops of France and the salumeria in Italy.

COOKED & CURED MEAT FAMILY TREE

COOKED WHOLE

Think Roast turkey, roast beef, and smoked or baked ham

Find Large whole cuts with milder flavors of meat.

Use These are your sandwich fillers. Pair with your favorite condiment from savory (spicy wholegrain mustard) to sweet (port chutney).

COOKED ENCASED

Think Hot dogs, mortadella, and breakfast sausage

Find From airy and custardy emulsified interiors to a coarser grind and snappy skin, these are the top dogs.

Use These may be fully cooked, but they require some browning to crisp up the casing. Eat alongside eggs or use as an ingredient: chop up chorizo in rice or braise your bratwurst in beer.

PÂTÉ

Think Foie gras mousse, country (coarse) pâté, and confit

Find Full-flavored cooked meats preserved with fats and flavorings.

Use Make this ancient "prepared food" your main course. Serve up a slice of pâté alongside a simple salad with tart vinaigrette or match it up with mustard.

CURED WHOLE

Think Prosciutto, bresaola, lardo, serrano

Find Large, whole cuts of meat that are firm and dry with a rosy interior. Savor the sweet, nutty, and complex aromas and flavors.

Use A very versatile bunch equally suited as sandwich stuffers, with salad (arugula with shaved Parmigiano-Reggiano), or alone for an appealing appetizer. This is a family where thin slicing makes all the difference.

CURED ENCASED

Think "Salami," sopressata, finocchiona

Find Ground meat and fat stuffed into a casing, fermented and dried. Look for a molded exterior casing that's removed before eating and meaty, heady, leathery aromas with sharper, tangier taste.

Use Eat alone sliced into discs or alongside firm, hearty table cheeses.

FREQUENTLY ASKED QUESTIONS

SO HOW DO I STORE MEAT, ANYWAY?

Methods of cooking and curing meats were invented as forms of preservation before refrigeration was available. Cooked and cured meats are durable and less susceptible to spoilage than the raw meat from which they come. Here are the storage basics:

Cooked Meats:

- ▶ Cooked meats (ham, turkey, roast beef) have the shortest shelf life. Once sliced, they should be kept as airtight as possible, ideally in a ziplock bag. They should be consumed within five to seven days.
- ▶ Sliced pâté will oxidize when exposed to air, turning the meat a darker brown color, and therefore should be wrapped as tightly as possible in plastic wrap. The Fabrique Délices pâté is especially perishable and must be consumed within three days.
- ▶ Products like hot dogs and sausages can be stored for several weeks in their original packaging, but once open they should be consumed within five to seven days.

Cured Meats:

- ▶ Sliced cured meats like prosciutto and serrano will dry out very quickly. Keep them as airtight as possible, and ideally consume them within two days. They won't spoil, but their flavor fades and the texture becomes leathery.
- ▶ Whole, uncut salami (think sopressata and saucisson sec) are best kept in a cool, dry area, ideally conditions similar to those of a wine cellar. Since most of us don't have a cellar, the refrigerator is the next best choice.
- ▶ Wrap whole salami in butcher paper, freezer paper, or as a last resort, waxed paper, and store in the refrigerator meat drawer.
- ▶ Avoid plastic wrap, which can trap moisture on the casing.
- ▶ Molded products continue to age, causing changes to their taste, texture, and dryness. Keep in mind that the smaller the piece, the faster it will dry out.

- ❑ Once a salami is cut, rewrap it in butcher or other paper and return it to the refrigerator. Be sure to “face” the product (throw away the first slice, which has been exposed to air) before cutting more to serve.
- ❑ Only remove casing from as much salami as you plan to eat or your salami will dry out more quickly.
- ❑ While uncut cured meats are virtually shelf stable, a cut salami should be consumed within thirty to sixty days.

HOW DO I KNOW IF MY MEAT IS PAST ITS PRIME?

- ❑ Discoloration: red, blue or green mold on the cut surface of meats; dark brown around edges
- ❑ Slimy texture
- ❑ Spoiled or rancid aroma
- ❑ Excessive drying (especially for sliced meats)

WHAT'S ON THE OUTSIDE OF MY SALAMI? AND DO I EAT IT?

So what's the scoop with the casing? Here are a few things to know about this protective carrying case:

1. It holds ground meats together.
2. It protects the meat from excessive drying.
3. The casing can be a natural animal casing or a synthetic material like collagen; it can be thick or thin, long or short, soft or chewy.
4. As with cheese, a molded exterior (white, blue, and gray are the most common) is typical of cured, encased meats. Some producers also dust the exterior with rice flour intended to absorb excess moisture. Mold is a normal, natural, and completely safe component of authentic salami.

It's generally recommended that you peel off the casing before eating your meat, and this is especially true of synthetic casings, which tend to be chewier and impart plasticky flavors.

WHAT'S THE DEAL WITH NITRATES/NITRITES? WILL THEY HURT ME?

Nitrites are a common curing agent found in traditional cured meats, resulting from the interaction of nitrates and harmless bacteria. Historically, they resulted from a natural impurity in sea salt. These days, pure sodium nitrite may be added directly to meat for preservation. The function of nitrites is threefold:

1. Maintains meat's red, rosy color over time
2. Imparts a distinctive, meaty, savory flavor
3. Inhibits the growth of harmful bacteria, particularly botulism

In the 1970s scientists studied the effects of nitrites and determined that large doses heated to extremely high temperatures contributed to carcinogenic substances called nitrosamines. Though you would have to eat pounds of highly cooked nitrite-cured meats to be at significant risk, many producers have begun using a nitrite alternative for preservation. The most common is celery juice, which is naturally high in nitrates.

By law, products made without sodium nitrite must be labeled “uncured,” so look for that label, or ask one of our staff. We believe in the safety and effectiveness of a traditional nitrite cure, but we want you to have the choice to pick what's best for you.

WHAT'S WITH THE PREVALENCE OF PORK? WHERE ARE ALL OF THE OTHER ANIMALS?

When we're talking cured meats, we're mostly talking about preserved pork. Why, you ask? The pig is a social animal, easily domesticated, with bountiful breeding patterns, great growth, and a very high yield of usable parts. In short, pigs are perfect to preserve. Fear not, though, there are some “kosher-style” options made of beef and poultry.

SUSTAINABLE SOURCING? WHAT'S THAT?

When it comes to meat marketing, you can drown yourself in technical terms that really have no concrete meaning. For us, the important thing is to support producers who raise their animals humanely and feed them the way nature intended. It's that simple and it's that hard.

UNDERSTANDING COOKED & CURED MEATS

PRODUCTS

BACON

Most bacon is fatty pork belly/sides salt-cured and smoked, though the smoking is generally used for flavoring rather than preservation. Bacon is most often sold in thin, pre-cut slices and quality bacon shouldn't shrink down to nothing when you fry it up in the pan. Expect a rich, smoky, and (we'll say it one more time) fatty taste and crispy texture.

BLOOD SAUSAGE

Also known by such mouthwatering names as Blood Pudding (England), Black Sausage (Ireland), and Boudin Noir (France), this traditional European sausage has blood (traditionally pig, but commonly cow) added to the meat mixture. Usually sold precooked, this large link sausage is easy to spot with its dark, almost black color. Expect some typical sausage flavors from finely ground pork and/or beef, onions, and mellow spices, but be prepared for the distinctive iron taste from the blood.

BOUDIN BLANC

The name means “white pudding” in French. This sausage is made from finely ground pork and chicken, enriched with cream. To best enjoy its light texture and delicate flavor, gently simmer the precooked sausages in water or sauté in a cast-iron skillet with butter and apples and serve with rustic roasted potatoes.

BOUDIN NOIR

Translation: “black pudding.” See Blood Sausage (above).

BREAKFAST SAUSAGE

Commonly served as small links or patties, these classic American pork sausages are heavily seasoned with herbs and spices, most notably sage. Fry 'em up and serve with eggs.

BRESAOLA

Originally from Lombardy, Italy, this lean hunk of beef round is now made domestically. Smooth and elegant, the meat is rubbed with salt and spices and then air-cured for two to three

months, by which point the color turns a rich purple. The flavor is incredibly delicate, with strong notes of clove and a remarkably floral finish. Slice it paper thin and serve with arugula, Parmigiano slivers, and a drizzle of fine olive oil.

CACCIATORE See Cacciatorini

CACCIATORINI Literally meaning “Little Hunter” in Italian, cacciatorini refers to the ability to travel in a pocket or knapsack. Not going hunting? Don’t worry—it’s equally suitable for a picnic or just for a midday snack. These little nubs of pork sausage are ground to medium fineness and aged to be dry and chewy in texture. The delicate, sweet flavor is approachable for all.

CHORIZO Made from coarsely chopped pork and pork fat and seasoned with pimentón (paprika) and salt, this Spanish classic is known for its rusty color and smoky-spicy flavor. Chorizo is a great breakfast sausage and can be diced into paella, Spanish rice, empanadas, and more.

CONFIT Leave it to the French to create nature’s most flavorful form of food preservation. Take meat, poach it in fat, and seal it from air so it’ll keep for ages. When you’re ready, simply heat and serve or shred up the meat and add to cassoulet or your favorite savory stew.

COPPA Capicola, gabagool, call it whatever you want in the US of A; just don’t let confusion about the name stop you from trying it. Pork neck or shoulder is cured whole until the meat becomes deep red or dusty rose in color and silky in texture, with generous ribbons of fat throughout. The taste is pure pork: sweet, yet savory, with a slightly leathery aroma. Serve very simply, sliced thin on an antipasti platter with olives and cheese.

CRESPONE While the recipe for this classic, small salame comes from the northern Italian town of Brianza, our offerings are made in the U.S. What remains the same is the country-style texture and flavor: coarsely ground pork with sherry, garlic, and seasoning, aged slowly for forty five days. Look for huge chunks of coarse fat, winey, savory flavor, and yeasty bread aromatics.

CULATELLO Culatello is known in Italy as the king of prosciutto. Instead of using the whole ham leg, culatello only uses the pig’s prime butt cheek. The makers rub it down with red wine and let it age until it’s ripe and rosy-colored and super silky smooth. While culatello is illegal to import, it has inspired domestic producers such as La Quercia to undertake some fine interpretations.

DUCK FAT Duck fat is the duct tape of the charcuterie world: it can pretty much make anything better. It’s often used in French fare for confit or in cooking. Our personal favorite? Roast your potatoes in it for the crispy crunchy original French fries.

FELINO

Despite the name, this long, skinny salame has nothing to do with cats. It’s actually the name of the northern Italian town whose traditional recipes inspire this delicacy. The thick casing allows for long slow aging which yields a complex flavor, aroma, and extra-long finish. Slice it thick enough to get whole grains of peppercorn in each slice and serve with some crusty country bread and light red wine.

FINOCCHIONA

Tuscany’s famed fennel sausage owes its origins to a thief. He supposedly stole a salame and hid it in a field of wild fennel. Upon retrieval he realized it had absorbed the aromas of its hiding place, and so began the practice of adding fennel seeds to salami. Now made in the U.S., look for a natural casing dusted with powdery white mold and expect the beautiful melding of sweet pork and licorice-y fennel.

GENOA

Genoa salami originated in the area of Genoa, Italy, but quickly became the American standard for deli salami in the early 1900s. It’s normally made from pork but may also contain beef, and is seasoned with garlic, salt, black and white peppercorns, and red or white wine. A shorter, more aggressive acidification process gives this one a tangier flavor, and the fine grind makes for a smooth, compact texture.

GUANCIALE

Best used for cooking, guanciale is something like un-smoked bacon, but chewier and moister than the best pork bellies we’ve found. The delicate striations of meat, fat, and collagen break down in sauces for an extra-luxurious mouthfeel. Its name is derived from “guancia,” Italian for cheek, from whence the cut comes.

HAM

Ham is the thigh and rump of pig. Although it may be purchased raw and roasted at home, most hams are sold either cooked or cured. Typical deli ham may be boiled (think pinkish and squarish) but we prefer those that are slow-roasted. These are often injected with a seasoned brine to moisten the meat and impart flavor; this residual moisture then cooks off during the roasting process, leaving a tender piece of meat that is no heavier than what a producer begins with. Cured varieties, such as prosciutto and serrano are heavily salted for several weeks or months and then air-cured for as long as a year. Cooked hams will be pinker, moister and more straightforwardly meaty in flavor, while cured varieties are dark rosy and fibrous, tasting of salt, leather, or acorns.

**HOT DOG
(AKA FRANKFURTER)**

The American-est of American sausages, hot dogs are an emulsified mixture of pork, beef, or a combination and fat that is stuffed into a casing and boiled. Emulsified meats are made by slowly beating meat and fat together until water molecules are suspended and the mixture becomes smooth and paste-like in texture. This filling is then encased before cooking. Skinless dogs undergo this process, but the casing is removed before packaging. Expect an even, smooth texture and sweet, mild taste, though some producers will smoke their dogs for

additional flavor. “Snappy” dogs have an intact casing and are best cooked in a hot cast-iron pan.

JAMÓN

Spanish term for Ham.

JAMÓN IBÉRICO

Similar in style to prosciutto, this famed Spanish cured ham is made from at least 75% Black Iberian Pig—a breed that feasts mostly on acorns, which are said to give the ham a distinctive woody/nutty flavor. There are three classifications for Jamón Ibérico: Bellota (the most expensive; fed exclusively acorns during the final months before slaughter and aged for thirty six months), Recebo (fed a combination of acorns and grains), and Pienso (fed only grain and cured for twenty four months). Seek out Bellota: the beautiful deep red meat, marbled with rich, golden fat, will reward your taste buds with a decadent nutty flavor and tender texture that are worth every penny. Slice thinly and chew contemplatively.

JERKY

We’re not talking Slim Jims here. Derived from the Spanish word “charqui” (meaning “dried meat strips”) jerky refers to meat that’s been subjected to some combination of curing, smoking, and drying. The result is a salty, stripped, semi-sweet snack that can be stored without refrigeration.

LANDJÄGER

Otherwise known as “country hunters” in German, these dried sausages were originally made to sustain the mounted police in the south of Germany. They’re made with equal parts beef, pork, and lard, spiced and pressed into bite-size molds. Air dry ‘em and take ‘em on the road. These little guys are equally perfect for picnicking or backpacking.

LARDO

Inspired by the gastronomic indulgence of Italy comes domestic lardo: pure pork backfat that is cured with salt, rosemary, and other spices. Do like the Italians and spread paper-thin slices of lardo on bread or toast, wrap around grissini, or make a killer flatbread pizza. Lardo will soften gently, but should not liquefy or become runny. Think of it like butter but way awesomer.

MORTADELLA

We like to think of mortadella as the original baloney. Take sweet succulent pork shoulder and jowl and grind it to a paste (hence the name, which referred to the mortar originally used to grind it up). Ours is delicately spiced with black pepper, myrtle berries, nutmeg, and/or coriander and studded with pistachios for a nicely contrasting crunchy texture.

PANCETTA

Unlike American bacon that comes from the sides and belly, this Italian-style bacon is made just from the pork belly and is salt-cured, not smoked. The Italians eat it on its own, but feel free to fry it up and add it to recipes as you would bacon.

PASTRAMI

Flat pieces of lean beef are dry cured, rubbed with a paste of coriander and black pepper, and smoked. Pile it high on rye for a classic New York-style sandwich, slathered with spicy mustard.

PÂTÉ

Pâté has become the catchall phrase for a spreadable mixture of meat (generally pork or duck) and fat, often containing liver. Pâté may be coarse and chunky, as in the Campagne style, or velvety and mousse-like in texture, when greater amounts of liver are used. Pâté is a cooked meat, wherein chunked, diced, or pureed meat and fat are set in a terrine (think meat loaf pan) and gently cooked in a water bath. The resulting product is sliceable or smearable, and best enjoyed with the acidity of cornichons or pickled vegetables, whose acidity offsets the richness. A silky sweet dessert wine is another luscious exercise in contrast.

PEPPERONI

A true Italian-American original, pepperoni is, traditionally, an all-beef interpretation of the spicy hot salami of southern Italy. These days, producers may use a mix of beef and pork, but the twangy bite of red and black pepper persists. Most of us know pepperoni from pizza, but at Real Salami we’ve taken it to the next level. Our pepperoni producer has layered in the unorthodox process of smoking, so you get medium-spicy heat and the mellow roundness of corn-cob smoke. You can eat it on pizza, but it’s also amazing diced in eggs, and less greasy than most Spanish chorizo.

PORCHETTA

Good porchetta begins with hormone-free pigs, traceable to the Kentucky farms on which they’re raised. At least that’s what we think. Porchetta is the loin, tenderloin, and belly of a hog, spiced, rolled, and sewn together. High-temperature roasting for four hours delivers a savory, aromatic, and moist slab, where the skin gets crisp atop a succulent layer of fat. Make a sandwich by stuffing a thick slab into ciabatta, or reheat and serve as dinner, though we have to recommend some veggies on the side.

PROSCIUTTO

Prosciutto is simply the Italian word for ham. Here in the States, we specifically associate prosciutto with the whole, hind legs of a hog, salt and air cured until firm and dry, but in Italy, one must distinguish between prosciutto crudo (raw) or cotto (cooked). The most famous and name-protected prosciutto comes from Emilia-Romagna (Parma) and Friuli Venezia-Giulia (San Daniele).

PROSCIUTTO COTTO

In Italian “cotto” means cooked, so this is essentially cooked ham. It’s the closest cousin to boiled ham and will give you milder and sweeter flavors than its concentrated cured counterpart.

PROSCIUTTO DI PARMA

Parma is considered the finest prosciutto-producing region in Italy, and the legs from this area have esteemed D.O.P. protection, indicating their origin. Here, whey (the liquid by-product of cheesemaking) from the equally famous Parmigiano-Reggiano is fed to the pig that will one day become Prosciutto di Parma. The legs are salt cured for several weeks, and then hung for nine to eighteen months, depending on their size. The result is a leathery exterior of inedible skin that protects firm-yet-tender rosy-red ham, best sliced paper-thin. The flavor is delicate and sweet, and best enjoyed with regional Lambrusco and a nibble of Parm.

SALAME	The singular version of salami.
SALAME ROSA	Salame Rosa is a cooked salame (salame cotto) of grand proportions with origins in the city of Bologna, but made in California. Prime cuts of coarsely chopped shoulder and small cubes of plate fat cut from high on the hog loin are mixed with coriander, white pepper and mace, and studded with pistachio nuts before being slow roasted for ten hours with a hint of natural fruitwood smoke.
SALAMI	Italian for fermented and dried sausages of varying diameters, depending on the type and provenance. Traditional Italian salami is generally made from pure pork. Sopressata, salame toscano and salame gentile are examples of dry salami.
SAUCISSON SEC	Literally French for “dried sausage,” saucisson sec is France’s version of salame. Dry-cured pork with a bit of garlic and pepper is a chewy, fatty delight. Serve alongside cornichons and French olives.
SAUSAGE	The most general term for encased meat, referring to a mixture of ground meat, animal fat, salt, and spices, packed in a casing. It can be raw, fried, or dried.
SERRANO HAM	Dry-cured Spanish ham similar to Italian prosciutto. The Spanish style has a distinct nuttiness and drier texture.
SOPRESSATA	A dry-cured salame typical of southern Italy, sopressata has a coarser grind than Genoa salame. The name comes from the traditional aging process, whereby the salami were “pressed” down with weights, resulting in a flatter shape.
SPECK	Salt- and cold-smoked cured ham from the Alto-Adige region of Italy. Made from the deboned hind leg of a pig that is spiced, dried, smoked, and aged five months.
UNCURED BACON	Bacon without the addition of nitrates/nitrites. Uncured bacon often incorporates celery juice, which has natural nitrates that convert to nitrites during the curing process and perform the same function as pure sodium nitrite.

INGREDIENTS

CELERY JUICE	Often used as a “natural” substitute for nitrites. Celery juice contains nitrate, which converts to nitrite with the help of salt-tolerant bacteria.
DEXTROSE	This simple chain sugar is used for lactic bacteria to “eat” during fermentation. It is often used instead of sugar because it is easier for the bacteria to digest, and therefore yields a more consistent product.
FENNEL	A plant whose seeds are commonly used in dry-cured sausages, imparting a licorice flavor.

MILK	Occasionally used to initiate the fermentation process, milk’s natural sugar (lactose) is an ideal food for bacteria.
MILK POWDER	Used as a meat binder in encased products. See “Binders.”
(SODIUM) NITRATE	A substance typically found in saltpeter and celery juice which, with the help of certain salt-tolerant bacteria, can convert into nitrite for meat preservation.
(SODIUM) NITRITE	An active ingredient in cured meats that preserves the pink-red color, inhibits botulism, and keeps meat from developing a rancid flavor. When used in larger quantity and exposed to extremely high heat it has the ability to create nitrosamines (cancer-causing agents). In properly cured salami, nitrites degrade into nitrous oxide and dissipate, leaving little to no nitrites in the final product.
PORK	The meat from a pig.
POTASSIUM SORBATE	Sterilizing agent that may impart residue and off-taste.
SALT	Protects meat from spoilage by reducing moisture content and creating an inhospitable environment for bacteria. Salt also tenderizes the texture and concentrates flavor.
SUGAR	A common food for lactic bacteria to “eat” during fermentation. Meats have a small amount of glucose that is fermentable, but the acidification process is much less dependable than with the addition of sugar.
WHEY POWDER	See Milk Powder.
WINE	Used for flavor and to help the fermentation process.

TECHNICALITIES

ACIDIFICATION	Starter cultures often used to initiate fermentation in dry-cured sausages. Aggressive acidification creates an imbalanced sharpness with overwhelming tangy flavor. Larger producers bent on fast curing will acidify more quickly, sacrificing flavor for turnaround.
ALL-NATURAL	Unfortunately, this term doesn’t guarantee a lot. The USDA defines natural meat simply as meat that is minimally processed, without artificial ingredients. That’s what allows pork raised in huge factory farms to be promoted as “Natural Pork” by big agribusiness companies.
ARTISAN(AL)	Artisan meats are produced in smaller volume, often using traditional production methods with a greater commitment to sustainable sourcing.
BACTERIA	Ubiquitous one-celled organisms that activate fermentation and enable preservation in cured meats.

BINDERS	Binders stabilize a meat emulsion but are considered fillers that increase yield. A well-made emulsion should not require binders for even texture. Look for the following ingredients if you wish to avoid binders: wheat flour, toasted wheat crumbs, milk powder, whey powder, soy protein concentrate, gelatin.	MATURING	The controlled storage of meat. Different meats require different temperature, humidity, and air flow for optimal maturation.
BRINE	Used in the brining/curing process, brine is a blend of water, salt, and additional flavoring (such as maple syrup or spices). Brine is used to advance flavor development and impede mold growth.	LACTIC ACID	Initiates the curing process and extracts moisture out of meat.
CASING	Traditional casings refer to the outer coverings of animal organs, such as the intestines or bladder. The casing can be various lengths, sizes, and thicknesses, and greatly affects the aging potential of meat inside. Casings may also be made of synthetic materials, such as collagen. Natural casings are completely edible but it is generally recommended that they be removed before eating. We highly recommend removing synthetic casings before eating.	MOLD	Mold is a safe and natural part of encased cured meats and adheres to the exterior casing. There is no danger in black, green, white, and blue molds. Red mold is a sign of spoilage.
DESIGNATION OF ORIGIN	Various European countries bestow the honor Controlled Designation of Origin on foodstuffs of the highest quality, often produced using traditional methods, and usually reflecting a unique environment that promotes distinctive flavor characteristics. Examples include D.O.P. (Italy), D.O. (Spain), and P.D.O. (UK).	NATURAL SMOKE	As opposed to artificially flavored “liquid smoke,” natural smoke results from burning wood used to gently flavor meat. If you like strong campfire flavor seek out hickory; maple’s impact is softer and much more subtle.
DRY CURED	Meat that has been preserved without the use of brine is referred to as dry cured. Generally, dry-cured meats are buried under salt for a period of days or weeks, and then air-dried for four to twelve months. Classic examples are Prosciutto di Parma and Jamon Serrano.	NORTHERN STYLE	Moister, sweeter, and usually smoked and/or cooked sausage of northern Europe, whose cool humid climate made drying difficult.
ENZYMES	Organic protein-like compounds that act as catalysts in the breakdown of many organic substances. Enzymes are responsible for the human body’s ability to digest foods. In meat, enzymes play an important role in breaking down fats and proteins to create flavor-giving volatile compounds.	PH	The acidity level. Acidity is particularly important in dry-cured fermented meats, as an increase in acidity inhibits the growth of potentially harmful bacteria.
FERMENTATION	The cultivation of harmless bacteria to increase acidity and protect meat from potentially harmful pathogens. Fermentation occurs in dry-cured sausages, and just as in cheese preserves the raw ingredients.	SALTPETER	Potassium nitrate originally found as an impurity in the sea salt used for curing meats.
FILLERS	Similar to binders, fillers are unnecessary ingredients used to add weight and “fill” space, requiring less meat in a product. Water or brine is the most common filler, injected into whole cooked meats like ham and turkey.	SALUMI	Italian for salted, cured, or cooked cuts of meat or sausages made primarily from pork. Salame, fresh sausage, prosciutto, and mortadella are all examples of salumi.
GRIND	Refers to the size to which meat is chopped for sausages. A fine grind (think salame) has a smoother texture and a coarse grind (think sopressata) has larger chunks of meat and fat.	SKINLESS	Typically used in reference to hot dogs that have no casing. The emulsified meat is stuffed into a casing, cooked, and cooled before the casing is removed.

Murray’s Real Salami products can be found at

MURRAY’S REAL SALAMI

**24^{Grand} Central Terminal NEW YORK, NY 10017
PHONE 212 922 1540 FAX 212 922 1542**

MURRAY’S CHEESE

**254 Blecker Street NEW YORK, NY 10014
PHONE 212 243 3289 FAX 212 243 5001**

WWW.MURRAYSCHEESE.COM