



TECHNICAL FACT SHEET OF PARMA HAM

RAW MATERIAL

The fresh legs used for the production of Parma Ham, in compliance with protection law n° 26 of 13 February 1990 and with EC Reg. 1107/96, must come from pigs born and reared in farms situated in the ten regions of central and northern Italy authorized by the aforesaid law: Piedmont, Lombardy, Emilia Romagna, Veneto, Molise, Umbria, Tuscany, Marches, Abruzzo and Lazio.

CHARACTERISTICS OF THE PIGS

- No less than nine months of age
- Average weight of 160 kg plus or minus 10%

CHARACTERISTICS OF THE FRESH LEG

(manufacturing requirements D.M. (*Italian Ministerial Decree*) no. 253/93 art. 2)

- Iodine number no higher than 70
- Linoleic acid content no higher than 15%
- Fat layer between 15 and 30 mm
- Minimum weight of fresh leg: 10 kg

MANUFACTURING PROCESS

Ingredients:

Pork leg and salt

Additives:

None. Only the use of salt is allowed (sodium chloride)

Phases:

Receiving; selection; isolation; salting; resting; washing; drying; pre-curing; curing. If required: deboning, slicing - packaging

CHARACTERISTICS OF THE FINISHED PRODUCT

General characteristics:

- Weight: no less than 7 kg
- Minimum curing time: 12 months
- Colour: red-pink interpolated with the pure white of the fat marbling
- Aroma: characteristic

Analytical parameters according to the law (biceps femoris muscle):

- moisture from 59.0% to 63.5%
- salt from 4.2% to 6.2%
- proteolysis index from 24 to 31



**Average analytical parameters:**

- protein 26%
- fat 18% (saturated 6.1%)
- salt 4.4%
- energy per 100 grams of product 267 kcal - 1113 kJ
- vitamins (expressed per 100 grams of product): B1 0.90 mg, B2 0.22 mg, B6 1.13 mg, PP 5.90 mg, B9 12.80 µg, B12 0.67 µg, E 0.22 mg
- minerals (expressed per 100 grams of product): calcium 11 mg, phosphorus 180 mg, magnesium 20 mg, potassium 538 mg, sodium 1760 mg; iron 0.9 mg, zinc 2.3 mg, selenium 11 µg

- $a_w \leq 0.92$
- pH 5.4-6.3

Shelf life of ham with bone (suggested):

Temp. 14 - 18°C. RH 55 -65%. Time: unlimited from the health point of view; even over 24 months according to weight from the organoleptic point of view

Shelf life of deboned ham (intact wrapping):

Temp. 1 - 10°C. Time (suggested): 6 months max

Shelf life of deboned ham (after opening): Temp. 1 - 6°C keeping the muscle part covered to avoid oxidation and incrustation. Time (suggested): 1 month max

Shelf life of pre-sliced/pre-packed ham:

Protective atmosphere: Temp. 1 - 10°C. Max time 120 days

Vacuum packed: Temp. 1 - 10°C. Max time 150 days

Product recognition:

five-pointed ducal crown, with the word PARMA written in it, fire branded onto the skin in at least two places, on the left and right sides of the surface that includes the uncovered muscle surface. In the ham with bone, the metal seal, bearing the process start date, can be seen on the upper part (shank). Ready-sliced/ready-packaged Parma ham can be recognized by the black or transparent triangle placed in the upper left area of the package, showing the ducal crown and the words required by law in gold.

