

*Recipes*



**Consorcio Serrano**





Consorcio Serrano

## The Genuine Jamón Serrano from Spain

*Would you like to discover  
the secret that lies behind the  
genuine Jamón Serrano from Spain?*

A meticulous selection of the finest raw material,  
sea-salt, time, the centuries-old experience of the  
best master ham producers... and a long history.

*Simply Delicious!!!*

### Recipes

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## Guarantee of authenticity

Since its creation, the main aim of Consorcio del Jamón Serrano Español has been to offer the consumer the guarantee of genuine and highest quality Jamón Serrano from Spain.

## Selection

Our commitment to quality consumer satisfaction can be seen in our strict regulations regarding this product, continuous audits, quality control standards and selections carried out piece by piece, therefore allowing us to guarantee the quality and exclusivity of our Jamón Serrano from Spain that can be identified by our **Consorcio Serrano** Seal of Approval.



## Seal of Approval

Our **Consorcio Serrano** Seal of Approval guarantees a traditional and unique Jamón Serrano that is always prepared in Spain and with a taste and texture that makes it different from the rest of the Jamón Serrano that can be found on the market.

## How do you identify a Consorcio Serrano ham on the market?

This Seal of Approval can be found on all the product presentation formats as follows:

1. On whole pieces, heat sealed.
2. Sliced Ham with the Consorcio Serrano logo.
3. Or with the number control label.

**Only a limited production of Jamón Serrano from Spain are worthy of the Consorcio Serrano Seal of Approval.**



# Nutrition

Jamón Serrano has a **high nutritional value**, recommended for all kinds of diets and sectors of the population. It is **low in calories**, making it suitable for low-calorie diets. The Jamón **Consorcio Serrano** ham guarantees a traditionally natural product, rich in:

- **Proteins** providing all the essential amino acids the body is unable to produce itself.
- **Fatty acids**, notably oleic acid, **helping to lower harmful LDL cholesterol**.
- A natural source of **sodium**;
- **B group vitamins** (B1, B3 and B6), vital for the proper functioning of our metabolism and to **help prevent cardiovascular diseases**.
- **Minerals**: calcium, phosphorus, zinc and iron.

Ask for Jamón **Consorcio Serrano** ham at your usual store. You will find it at **most supermarkets and delicatessens**.



## Did you know?

Jamón Serrano is a product that is deeply rooted within the history of Spain, and is considered an essential part of Spanish culture.

The Celts considered the pig to be a cult object, and it was the main sustenance of their nutritional diet.

In the 2<sup>nd</sup> Century BC, during the Roman Empire, the first references in writing appear related to salting and preserving pork meat.

And over the centuries Serrano ham, a product rich in protein, minerals and vitamins, became one of the basic components of the Mediterranean diet.

The art of salting and curing hams is an inherited gastronomy art that has survived over the centuries and is currently still used when preparing the Jamón Consorcio Serrano.

## *Jamón Serrano from Spain!*





## Fruit brochette

### INGREDIENTS FOR 4 PEOPLE

1 TANGERINE

4 GRAPES

1 PINEAPPLE

100 GRAMS OF THINLY SLICED  
**CONSORCIO SERRANO** HAM

### PREPARATION

Wash and cut the fruit.

Prepare the brochette by alternating pieces of fruit, and then crown it with a thin slice of **Consortio Serrano** ham.

### CHEF'S SUGGESTIONS

Other fruits can be used, such as mango, kiwi, orange, etc. This brochette can be served as an appetizer or accompanied by a lamb's lettuce salad with vinaigrette of virgin olive oil and orange juice!

TIME: 5 MINUTES

DIFFICULTY: EASY



## Pumpkin cream

### INGREDIENTS FOR 4 PEOPLE

500 GRAMS OF PUMPKIN

500 ML OF HEAVY CREAM FOR COOKING

200 GRAMS OF SLICED **CONSORCIO SERRANO** HAM

100 GRAMS OF MANCHEGO CHEESE

SALT AND PEPPER

### PREPARATION

Clean, peel and boil the pumpkin. Once cooked, in the same pan add the cream, salt and pepper. Blend the mixture.

Brown the slices of **Consorcio Serrano** ham in the oven on a piece of baking paper until they are crunchy. Decorate the cream with the crunchy ham and accompany with chunks of Manchego cheese.

### CHEF'S SUGGESTIONS

**Consorcio Serrano** ham can also be served in small chunks for every dinner to enjoy as they like.

TIME: 20 MINUTES

DIFFICULTY: EASY



## Stuffed mushrooms

### INGREDIENTS FOR 4 PEOPLE

8 LARGE CULTIVATED MUSHROOMS

2 WELSH ONIONS

2 THICK SLICES OF **CONSORCIO SERRANO**

VIRGIN OLIVE OIL, SALT AND PEPPER

### PREPARATION

Remove the stem from the mushrooms, clean them and set aside. In a frying pan with a bit of olive oil, lightly sauté the Welsh onions and mushroom stems, previously sliced. Once browned, add small chunks of **Conсорcio Serrano** and stir in the pan.

Use this mixture to stuff the mushroom heads, and place them in a baking dish. Add salt and pepper and pour olive oil over them. Place in the oven for 10 minutes at 170° C.

### CHEF'S SUGGESTIONS

Other vegetables can be used, such as green or red pepper, zucchini, asparagus, etc.

TIME: 20 MINUTES

DIFFICULTY: EASY



## The Consorcio's "tapa"

### INGREDIENTS FOR 4 PEOPLE

4 SLICES OF RUSTIC STYLE BREAD

4 PIQUILLO PEPPERS • 1 ZUCCHINI

4 SLICES OF **CONSORCIO SERRANO**

OLIVE OIL AND SALT

### PREPARATION

Mash the piquillo peppers with a bit of oil and salt.

Clean and cut the zucchini in slices. Grill them.

Arrange the dish: spread the piquillo pepper cream on the bread, then add the zucchini and a slice of **Consorcio Serrano**.

### CHEF'S SUGGESTIONS

The tapa can be seasoned with a dressing of olive oil and diced black olive.

More creams: Eggplant caviar, artichoke cream, tapenade (olive relish), tomato, etc.

TIME: 5 MINUTES

DIFFICULTY: EASY



## Spanish scramble

### INGREDIENTS FOR 4 PEOPLE

8 EGGS • 200 ML OF HEAVY CREAM FOR COOKING

250 GRAMS OF GREEN ASPARAGUS

200 GRAMS OF SLICED **CONSORCIO SERRANO**

### PREPARATION

Clean and cut the asparagus in sections, then place in them in a frying pan with a bit of oil. Salt them, and let brown.

Separately, mix the eggs with the cream and season with salt and pepper. Add them to the browned asparagus in the frying pan, and scramble until the egg is done.

Serve hot, together with slices of **Consorcio Serrano**.

### CHEF'S SUGGESTIONS

The **Consorcio Serrano** can also be browned together with the asparagus, which gives it a more intense flavour.

TIME: 15 MINUTES

DIFFICULTY: EASY



## Consorcio Serrano rolls

### INGREDIENTS FOR 4 PEOPLE

8 SLICES OF **CONSORCIO SERRANO**

CHIVES

150 GRAMS OF CREAM CHEESE

50 GRAMS OF PINE NUTS

### PREPARATION

Smash the pine nuts and brown them in a frying pan.

Clean and cut the chives.

Mix it all with the fresh cheese.

Spread the mixture on the **Consorcio Serrano** slices, and roll up.

### CHEF'S SUGGESTIONS

For a more intense flavour, it can be browned in the oven for 2 minutes.

TIME: 15 MINUTES

DIFFICULTY: EASY



## Cold Spanish soup

### INGREDIENTS FOR 4 PEOPLE

250 GRAMS OF THE PREVIOUS DAY'S BREAD CRUMBS

½ KILO OF RED TOMATOES • 4 QUAIL EGGS

1/4 OF A GARLIC CLOVE • 1 GLASS OF COLD WATER

1 SMALL TEASPOON OF SHERRY VINEGAR • OLIVE OIL

250 GRAMAS DE PRESUNTO **CONSORCIO SERRANO**

### PREPARATION

Place the bread crumbs in a bowl with a splash of sherry vinegar. Add a quarter clove of diced garlic and the peeled, sliced and salted tomato. Mix all the ingredients together and cover with olive oil. Blend well.

Arrange the dish with the **Consortio Serrano** cut julienne style and with the previously boiled quail egg.

### CHEF'S SUGGESTIONS

It can be accompanied by ham cream, made with a broth of **Consortio Serrano** and mashed chickpeas.

TIME: 20 MINUTES

DIFFICULTY: EASY



## Angler fish "tournedos"

### INGREDIENTS FOR 4 PEOPLE

4 ANGLER FISH SLICES

8 ARTICHOKES

300 GRAMS OF THINLY SLICED  
**CONSORCIO SERRANO**

OLIVE OIL, SALT AND PEPPER

### PREPARATION

Brown the angler fish slices in a frying pan.

Then roll them in the thin slices of **Consortio Serrano**.

Place in the oven for 20 minutes at 180° C.

Separately, peel the artichokes and cut them in thin slices.

Fry them in olive oil and serve as a garnish.

### CHEF'S SUGGESTIONS

Accompany with soy sauce to add a touch of the exotic.

TIME: 25 MINUTES

DIFFICULTY: MEDIUM



## Spanish tortilla

### INGREDIENTS FOR 4 PEOPLE

OLIVE OIL

10 EGGS • 1,5 KILO OF POTATOES

250 GRAMS OF SLICED **CONSORCIO SERRANO**

### PREPARATION

Clean, peel and slice the potatoes in small chunks and fry them in hot olive oil.

Separately, salt and beat the eggs. Add the previously strained and fried potatoes to the eggs, and mix well.

Put the mixture in a frying pan with a bit of oil. When it has coagulated, flip over the omelette so that it browns on both sides.

While the omelette is still hot, cover it with slices of **Consorcio Serrano** so that the flavours combine.

### CHEF'S SUGGESTIONS

The ham can be cut into small chunks and then be added to the egg and potato mixture. It can be accompanied by an apple.

TIME: 20 MINUTES

DIFFICULTY: MEDIUM



## Scallops with Consorcio Serrano

### INGREDIENTS FOR 4 PEOPLE

4 FRESH SCALLOPS

2 WELSH ONIONS • 2 LEEKS

1 THICK SLICE OR **CONSORCIO SERRANO**

### PREPARATION

Cut the thick slice of **Consorcio Serrano** into small chunks. Clean and cut the leeks and the Welsh onions julienne style.

Season with salt and pepper, and brown in a frying pan. Remove, and then brown the scallops in the same pan.

Arrange the dish in the scallop shell. This will allow the flavours to thoroughly merge.

### CHEF'S SUGGESTIONS

It can be accompanied by caviar, and even by a honey sauce.

TIME: 20 MINUTES

DIFFICULTY: EASY





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FOODS  
*from* SPAIN

[www.consorcioserrano.com](http://www.consorcioserrano.com)