

Ibérico Ham

A Gem of Spanish Gastronomy
伊比利亚火腿 西班牙美食珍宝

#SpainFoodNation



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Among the treasures of Spanish gastronomy, Jamón Ibérico is a real gem: the exquisite ham is one of the most characteristic products of Spain that have been produced at its heart for over 2,000 years.

Ibérico ham, with unprecedented quality and a flair of tradition, has its special place on the menu of countless restaurants in Spain: Spaniards are passionate about the ham and consume it at any type of celebration...or any day really! However, the passion for Ibérico ham spreads far beyond its home country: consumers in other parts of the world are getting increasingly interested in this one-of-a-kind product, won over by its unique characteristics and the ritual that goes along with it.

伊比利亚火腿是所有西班牙美食宝藏中一颗名副其实的宝石，精致的火腿是西班牙最具特色的美食产品之一，已经有超过两千年的生产历史。

伊比利亚火腿以其空前的优质、对美食传统和饮食方式的贡献，在无数西班牙餐厅的菜单上占有特殊地位。西班牙人对火腿充满热情，几乎在所有的欢庆场合都能见到它的身影，其实岂止是庆祝场合，几乎是每天。而且，对伊比利亚火腿的热情从它的故乡散播到全球，无远弗届，各国的消费者对这种独一无二的产品越来越感兴趣，因其独特特性，也因随之而至的食用方式而赢得了人们的青睐。

Discovering Jamón Ibérico 探索伊比利亚火腿

Accounting for roughly 10% of Spanish ham production, Ibérico ham is considered the king of Spanish hams and is highly regarded all over the globe: it is one of the most exclusive and expensive meat products in the world.

It's no wonder that Spanish Jamón Ibérico on-the-bone products, have become a fixture at high-end restaurants in China and soared in popularity over the last several years: inimitable flavor and aromas, guaranteed high quality and safety, and, of course, the unparalleled gastronomic experience that comes with every bite of the Ibérico ham.

The consumers and restaurant-goers are also intrigued by the art of ham carving: similar to the serving ritual of some of the traditional Chinese dishes, with a chef demonstrating part of the process in front of the amused guests, the ham carver elegantly cuts water-thin slices of the fragrant Ibérico ham to be immediately served and enjoyed.

What precedes this excellent gourmet experience is the long and

scrupulous process of production. The Ibérico ham is produced in Spain using the hind legs and front limbs of the pigs, sea salt, fresh air and time—months or even years. And it all starts in Spanish dehesa...

伊比利亚火腿约占西班牙火腿产量的10%，被视作西班牙火腿之王，在全世界享有盛誉，它是世界上最独特、最昂贵的肉类产品之一。

难怪带骨的西班牙伊比利亚火腿产品已成为中国高端餐厅的必备品，在过去几年中人气飙升，得益于它无比的风味和香气、保证高品质和安全性，当然还有，每一口伊比利亚火腿都会带来无与伦比的美食体验。

消费者和餐厅食客也对艺术般的火腿切割产生了浓厚的兴趣，同有些中国菜的上菜仪式类似，厨师在愉快的食客们面前展示部分工序；火腿师优雅地将氤氲着香气的伊比利亚火腿切得菲薄，立即上桌供食客享用。

在这种超绝的美食体验之前，是漫长、严谨的生产过程。伊比利亚火腿用猪后腿和前腿制成，西班牙火腿的生产要用猪肉、海盐、新鲜空气还有时间，数月甚至数年。而这一切是从西班牙的林地开始的。



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The Dehesa and Its Residents 林地及牧放其上者



The dehesa is one of the most captivating landscapes in Spain: endless meadows covered with emerald grass, with holm and cork oaks spreading their leafy crowns. This landscape is unique to the Iberian Peninsula—just like the native Iberian pigs that inhabit this region.

The Iberian pig descends from a breed of wild boar that once roamed

the Mediterranean basin and is now the last of the grazing species in Europe. In this natural environment, the dehesa, the pigs have enough space to wander and graze on everything offered by the meadows – from grass and stubble to wild legumes – but, above all, they feast on acorns (bellota), which are the high-fat fruits of the oaks.

The balanced, natural food is largely the reason for the excellent organoleptic qualities of the pork they produce: these animals transform the fats from the acorns they eat into the marbled fatty tissues that run through their meat. The high fat content, distinguished aroma, flavor and shiny appearance are the emblem of the delicious and tender Jamón Ibérico.

林地是西班牙最迷人的地貌之一，一望无际覆盖着茵茵绿草的草甸，圣栎和软木橡树枝叶茂盛散布其上。这个景观是伊比利亚半岛所特有，栖息在此的当地品种伊比利亚猪同样也是。

伊比利亚猪是一种野猪的后代，这种野猪曾经在地中海盆地游荡，现在伊比利亚猪是欧洲最后一个放牧品种。在林地自然环境中，这种猪有充足空间游荡并在草甸上寻觅可能的食物，草、庄稼梗和野生豆类，最重要的是它们饱餐橡树富含脂肪的果实，橡果。

这种猪所出产的猪肉具有出色的味嗅觉等感官品质，很大程度上是与它们均衡而天然的食物结构相关，伊比利亚猪将它们所吃的橡果中的脂肪转化为分布在肉质中大理石般的脂肪组织。富含脂肪、超群香气、风味和富于光泽的外观是美味细腻的伊比利亚火腿的特征。

The Spell of Taste 风味构成

Ibérico ham must be made from the meat of Iberian pigs or pigs that have been cross-bred with the Iberian pigs: the singular characteristics of the meat of Iberian pigs is the key to creating this gourmet product.

In various areas and geographical indications of Spain, for example DO Jabugo, DO Guijuelo or Dehesa de Extremadura PDO, Ibérico ham producers make sure to use proven traditional production methods along with modern technology when creating Ibérico ham—to ensure the safety, quality, hygiene and, of course, the robust taste.

One of the key attributes of the marbled Ibérico ham is a nutty aftertaste that is not present in any other types of ham. Jamón Ibérico should be eaten in wafer-thin slices to appreciate the fragrant, delicate flesh, flecked with fat from the pigs' acorn diet. Rich in monounsaturated fatty and oleic acids, it melts in the mouth, flooding the palate with its intense, long flavor.

To ensure that the taste of the Ibérico ham is undisturbed, it is rarely eaten with other foods... but is often enjoyed with a glass of Spanish sparkling wine from DO Cava or with rich reds from DO Rioja or DO Valdepeñas.

伊比利亚火腿必须由伊比利亚猪或与伊比利亚猪杂交猪的肉制成，伊比利亚猪肉的独特性是创造这一美食的关键。

在西班牙不同地区和西班牙地理标志产地，比如原产名称哈布戈、原产地名称基胡埃罗或原产地名称保护德赫萨-德-埃斯特雷马杜拉，这里的伊比利亚火腿生产商都需确保在制作伊比利亚火腿时使用经验证的传统生产方法并结合现代技术，以确保安全、质量和卫生，当然，还有醇厚风味。



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Choosing the Grade 品级分类



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pure-bred acorn-fed Iberian pigs with access to the natural resources of the dehesa.

Jamón de bellota Ibérico (50% or 75%): To be classified as the second-highest grade, the ham must be made from the meat of the mainly acorn-fed pigs that are at least 50%-75% Iberian, with access to the natural resources of the dehesa.

Jamón de Cebo de Campo: To receive the third-highest grade, the ham should be produced from pigs that are at least 50% Iberian breed, grazing on resources of the dehesa and animal feed made of natural grains and legumes.

Jamón Ibérico de Cebo: The Ibérico hams of the fourth grade are produced from farm-reared pigs that are at least 50% Iberian, with the diet consisting mainly of grains and high-quality feed.

Rooted in the Spanish gastronomic tradition, Ibérico ham brings an authentic taste and fragrant aromas to countless tables around the world. The tradition of consuming Spanish ham is growing in China year by year as more and more Chinese consumers and chefs discover the unique qualities of this esteemed luxury product and, along with it, the passion for Spanish food and gastronomy.

伊比利亚火腿是西班牙的奢侈品之一。根据用于生产猪肉的猪品种及其饮食，有不同等级可选。在伊比利亚火腿产品中，每个等级都有自己独特的“配方”。

橡果饲养 100% 伊比利亚猪火腿：这是最高、最昂贵的伊比利亚火腿级别，表明产品是由 100% 纯种伊比利亚品种、并以林地自然产出的橡果为食的猪所生产的肉制成。

橡果饲养伊比利亚猪火腿（50% 或 75%）：用以归为次高级别的产品，必须由用至少 50%-75% 伊比利亚品种、并主要以林地自然产出的橡果为食的猪所生产的肉制成。

复合填喂放牧火腿：要获得第三高级别的产品，由用至少 50% 伊比利亚品种、并以林地自然出产及天然谷物和豆类制成的动物饲料为食的猪所生产的肉制成。

填喂型伊比利亚火腿：这是第四等级的火腿产品，用农场饲养、至少 50% 伊比利亚品种猪制成，主要以谷物和优质饲料为食。

伊比利亚火腿根植于西班牙美食传统，为全球各地无数餐桌带来正宗风味和芬芳气息。随着越来越多中国消费者和厨师发现这种备受赞誉珍馐的独特品质，以及对西班牙美食和菜肴的热情，享用西班牙火腿的传统在中国正逐年增长。

Jamón Ibérico is one of the most luxurious Spanish products and is available in different grades, depending on the breed of the pigs used for the production and their diet—and each of the grades has its own unique "recipe."

Jamón de bellota 100% Ibérico: This highest and the most expensive grade of Ibérico ham signifies that the ham was produced from 100%

FWS Foods and Wines from Spain

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如需了解更多西班牙美食产品，探索独特的西班牙美食世界，欢迎浏览 SpainFoodNation 网站，如二维码所示。

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