



CHARCUTERIE



SHANNON PAIGE EVENTS



Table of Contents

CHARCUTERIE

- 01 History
- 02 Fun Facts
- 03 Shelf Life
- 04 What and how much
- 05 Arranging
- 06 Tips



HISTORY

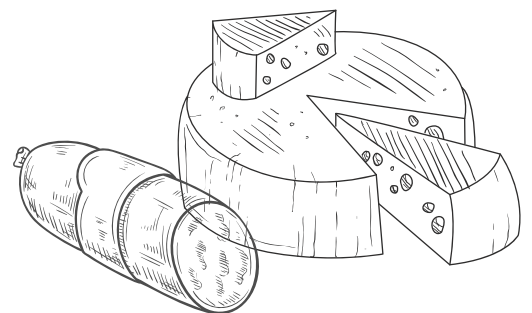
WHERE IT ALL BEGAN

In the 15th century, the French created charcuterie. Charcuterie is derived from the French words for flesh (chair) and cooked (cuit). This was used to describe shops during this time that cured and sold all aspects of the meat product.



FUN FACTS

- The traditional process of using salt to cure meats dates back to the Roman empire nearly 2,000 years ago. (long before we had refrigerators).
- Cheese started to get dyed in the 17th century.
 - English cheesemakers realized that they could make more money if they skimmed off the cream to sell it or make butter from it. But in doing so the color was lost. So, to pass off what was left over (low-fat cheese made from white milk) as a high-quality product, the cheesemakers faked it. They began adding coloring from saffron, marigold, carrot juice, and later, annatto, which comes from the seeds of a tropical plant. The devious cheesemakers used these colorings to pass their products off as full-fat, naturally yellowish-orange cheese.



SHELF LIFE

- Poultry: Cured and smoked poultry will last up to two weeks in the refrigerator or over a year in the freezer. This is in stark contrast to raw or cooked chicken that will only last a few days in the fridge.
- Salami: Vacuum-sealed cured pork has a shelf life of several months and up to twice as long if store in the refrigerator.
- Pepperoni: If unopened, pepperoni can last up to six weeks at room temperature, and another three weeks in the fridge after opening.
- Pancetta: Left in its packaging, pancetta can be stored up to a year. After opening, it has a shelf life of 2-3 weeks in the refrigerator or several months in the freezer.
- Prosciutto: Similar to pancetta, prosciutto can last up to a year if vacuum sealed.
- Spanish Chorizo: Cured chorizo, wrapped in a tea towel will last for about six months.
- Bacon: Unrefrigerated, cured bacon will last over a week. Putting it in the fridge will extend to up to six weeks.
- Fish: Lightly cured fish can last up to two weeks in the fridge and several months in the freezer. More heavily cured fish, like salt cod, can last in the fridge almost indefinitely.

WHAT & HOW MUCH

WHAT TO SERVE

For a traditional charcuterie board, you will want to serve a variety of meats, cheeses, spreads, fruits, nuts, olives, and pickles.

HOW MUCH

A good rule of thumb is the rule of 3's. 3 meats and 3 cheeses. Exceptions to this rule are dietary restrictions. We tend to serve more in one section over another if we have guests that don't eat certain items.

Meat: estimate about 2 ounces of meat per person if you're serving it as a starter or 5 ounces if it's the main dish.

Cheese: We generally recommend a hard, a crumble, and a soft.

Accents: This is where you can have fun; this is the stuff that fills the board adds color, contrast, and flavor

- Fruits/veggies: Fresh or dried fruit. The dried will last longer and stay prettier while sitting out in the room. Veggies like peppers are perfect if you choose to place hummus on your board.
- Nuts: Choose a bundle of mixed nuts or a few specific kinds. We like to pick nuts that will pair well with the meats and cheeses.
- Spreads: This can be jam, mustards, honey, hummus, cheese spread, or veggie spread.
- Olives & Pickled items: Depending on the size of the board. We love to have at least one of these items.
- Crackers: Choose at least 2 types. We enjoy picking a basic plain cracker and one that is lightly flavored.

ARRANGING

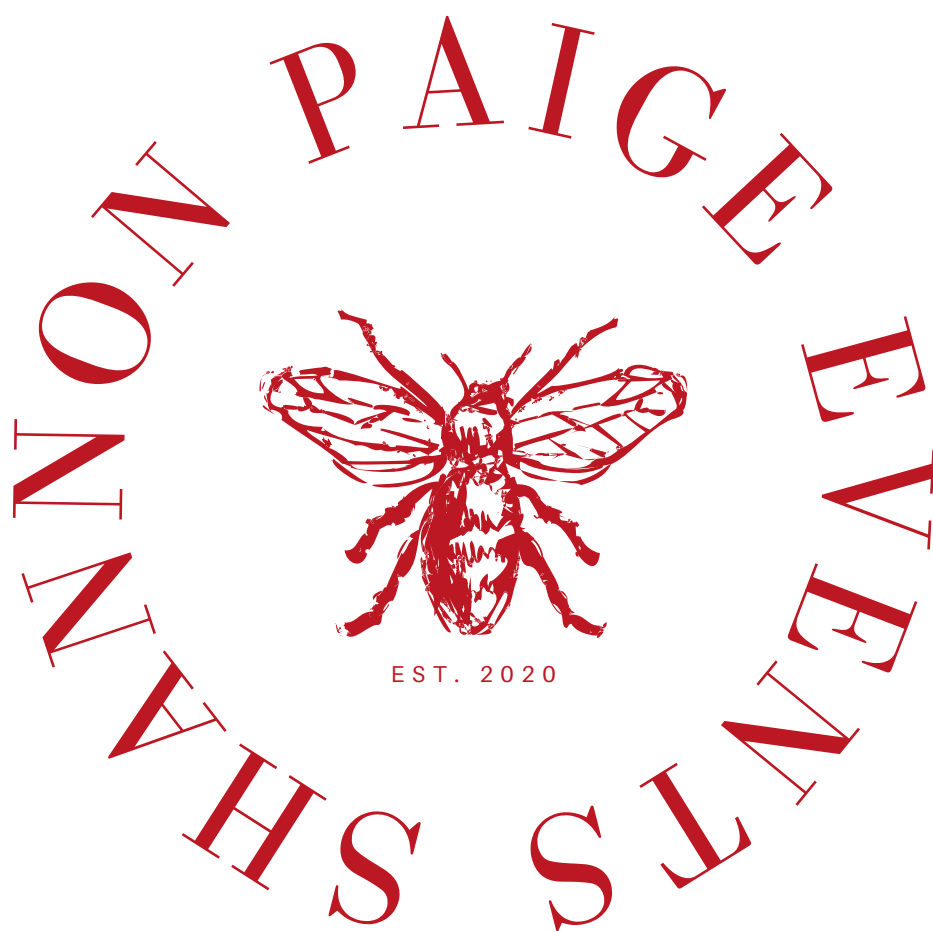
1. Select your serving board. This can be anything you would like to make an arrangement on.
2. If you are doing a block cheese place that first and everything will work around this.
3. Start arranging your meat. We recommend spreading the meats out to three different areas.
4. Add your cut cheeses to the mix.
5. Fruits and veggies. You will want to place these closer to the cheeses than the meats. This is to avoid the fruit and veggies starting to taste like the meats.
6. Tuck your spreads into the board.
7. Scatter your nuts, olives, pickles throughout the board.
8. Place your crackers into the mix. We suggest keeping them closest to the driest items on your board.
9. Top off your board with serving utensils, labels, and a few sprigs of fresh herbs if you have them.

T I P S

- When purchasing cheese. Check out your local grocery store's sample bin to find smaller portions and unique choices.
- When choosing your board be considerate of the surface. Stones stay cool to the touch but are porous and will absorb the oils. A glossy stone will be more resilient but may show lines if you are having your guests use cutlery. Wood will stand up to just about anything. But don't overlook your everyday used stoneware, trays, or dishes. Add parchment when needed to help protect your more delicate surfaces.
- Slice cheese a few hours in advance and refrigerate until 20 minutes before guests arrive; cheese should be cool.
- Prepare fruit closer to the time of serving. Squirt lemon juice on apples and pears or soak in club soda to prevent oxidizing.
- Remove fruit spreads and olives from the refrigerator to bring to room temperature for better flavor.
- Place honey near blue cheese and jams near brie. To better showcase what pairs well with what.

CHARCUTERIE CLASS 101

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