



IN THE KITCHEN AND THE CURED MEATS

Just like any other fresh meat, the Cinta Senese DOP must be well kept in the fridge and for a rather short period. It may be frozen not to lose its distinctive characteristic. Defrost it slowly in the fridge.

This meat's versatility makes for a great barbecue as well as stir-fried in a pan or cooked in the oven. Perfectly paired with red wines.

Most suitable for cured meat like the Prosciutto, the ham, is a prime delicacy: trimmed thigh, iodine sea salt and pepper. It is seasoned according to ancient traditions. First it is given an "acetata" of vinegar, garlic, pepper and chili pepper; it is then covered completely with salt for some days, then washed with warm water and hung for at least 16 months. Even the shoulder's heart, its main muscle, is a delicacy. It is made just as the Prosciutto. Finally the sirloin, which is the whole loin from the shoulder's end all the way to the ham. Same procedure as for the ham. It is then wrapped in paper and hung to cure for a few months.

The Salame Toscano, which in the Crete Senesi is called Mortadella Senese. It's obtained from first choice meats and shoulder fat, rigorously hand cut. The ingredients are: Cinta Senese meat, sea salt, pepper, red wine, garlic. This mixture of these ingredients is then bagged into natural guts and left hanging to cure for at least four months. The fermentation (in Tuscan: salamizzazione) occurs naturally by virtue of the temperatures and the sugars within the muscle.

The Finocchiona is obtained by shredding the selected meats and is made of the same ingredients as the Mortadella Senese, adding fennel flower. Curing lasts a minimum of four months. Cured sausages are obtained from high quality cuts of the Cinta Senese, which are mixed with sea salt, pepper, red wine, garlic and salpetre; bagged into natural guts and hand tied with hemp wire; curing is reduced to 30 days.

The Capocollo is the collar joint, from the head to where the shoulder begins. It's the fat that's thickest in the Cinta Senese. Same cure as for the Prosciutto. It is cured with fennel flower and hung wrapped in paper.

The Gota, namely the cheek, is savoury indeed: it is cured just like the Prosciutto. It is used as a cold cut or as an ingredient in the kitchen.

The Rigatino is in the fat and lean part just above the ribs, showing a composition of fat and lean stripes of meat. It is cured just like Prosciutto.



It is used as cold cut or to season food. The rump's lard finely shredded and seasoned with herbs and mixed with iodine sea salt, pepper or chili pepper may be spiced with black, white, green or pink pepper. It's spread on warm toasted bread.

The Buristo, also called Mallegato or Sanguinaccio, is obtained after boiling for many hours the meats and its cartilaginous parts. Rosemary, garlic, lemon and orange zest, Tuscan spices, salt, pepper and pig blood are added. After mixing everything all is bagged into natural guts and cooked on a low flame for some hours.

For the Soppressata the pig's head and rind are boiled for many hours, then mixed with salt, pepper, Tuscan spices, lemon and orange zest; then pressed in a cotton b

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