



# Typically Speck, typically South Tyrol

SPECK ALTO ADIGE IS A LIGHTLY SMOKED RAW HAM PRODUCED IN SOUTH TYROL.

South Tyrol is Italy's northernmost province and is located on the southern side of the Alps. Here nature and man live in perfect harmony and the unique combination of Alpine and Mediterranean climatic conditions stimulates the creation of an irresistible speciality: the raw ham "Speck Alto Adige".

Due to the unique rapport between this product and the territory in which it is manufactured, Speck Alto Adige is classified as a Protected Geographical Indication (PGI) product and its unique production method and taste have ensured that Speck Alto Adige PGI is renowned amongst gourmets worldwide.

# A little smoke, a lot of fresh air

ANYONE WHO HAS TASTED IT ONCE KEEPS ON CHOOSING SPECK ALTO ADIGE PGI. THIS TYPICAL SPECIALTY IS CHARACTERISED BY VERY GOOD NUTRITIONAL VALUES AND CONTAINS A LOT OF SUPERIOR PROTEINS.

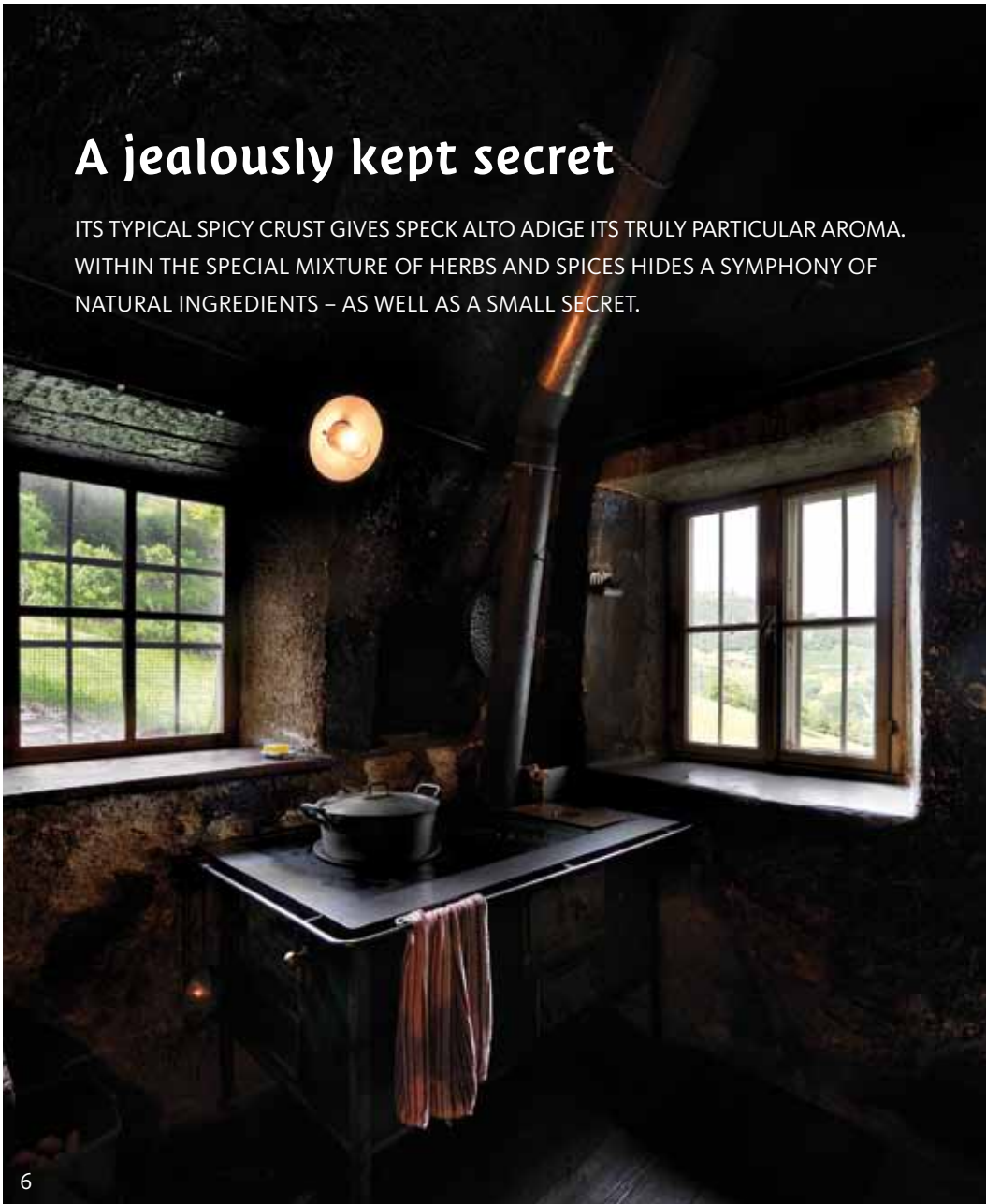
Speck owes its special character to the singular geographical location of South Tyrol, where nature has created a truly exceptional climate featuring lots of sun and fresh air. The typical Speck Alto Adige is a product that proudly bears witness to this region because, while in the north raw ham is preserved by smoking and in the south it is dried outdoors, in South Tyrol the two methods have been fused: by tradition, Speck Alto Adige is lightly smoked and transformed into a speciality by curing in the open air. This treatment leaves it elegantly spiced and at the same time delicate in taste.

In other words, unique.



## A jealously kept secret

ITS TYPICAL SPICY CRUST GIVES SPECK ALTO ADIGE ITS TRULY PARTICULAR AROMA. WITHIN THE SPECIAL MIXTURE OF HERBS AND SPICES HIDES A SYMPHONY OF NATURAL INGREDIENTS – AS WELL AS A SMALL SECRET.



While the hams are carefully aged, the air fills with the fragrances of laurel, rosemary and juniper. The mixture of spices also contains salt and pepper and, sometimes, a pinch of garlic, coriander or cumin. The natural ingredients are always the same but their exact proportions remain a secret.

Each producer has its own recipe, mostly kept like a family secret and handed down from generation to generation. Thus each production of Speck Alto Adige expresses a personal touch.

Each piece is a masterpiece.



## Slow ageing

GOOD THINGS NEED TIME – THIS IS SOMETHING SOUTH TYROLEANS HAVE ALWAYS KNOWN. THEY GIVE SPECK ALL THE TIME IT NEEDS TO AGE AND BECOME A UNIQUE SPECIALITY IN HARMONY WITH NATURE IN KEEPING WITH AGE OLD TRADITIONS UNDER THE MOTTO: “TODAY LIKE YESTERDAY”

Long-standing experience is required to know when the time is right: right for the best taste and right for the highest quality. For Speck Alto Adige this time entails about 22 weeks. This is what tradition has taught us and what we have been handed down by our ancestors. This is the time required for ageing Speck Alto Adige in well-ventilated rooms pervaded by the clean, fresh air of the South Tyrolean mountain valleys. This peaceful process makes Speck Alto Adige what it has always been: an authentic product of nature.





## The path towards speciality

ONLY SPECK PRODUCED ACCORDING TO THE TRADITIONAL SOUTH TYROLEAN SPECK PRODUCTION REGULATIONS CAN BEAR THE NAME "SPECK ALTO ADIGE PGI".

The secret of a high quality finished product is high quality raw materials. This is why to produce Speck Alto Adige PGI we use only lean, firm pork thighs coming from correctly treated, renowned and controlled farms. The thighs are trimmed following traditional methods.

The result is the typical Speck ham.



### Typically seasoned

The Speck hams are salted and flavoured with a special mixture of aromas and then dry-corned for three weeks at cool temperatures. Each producer has its own personal, secret recipe for the mixture of salt, pepper, laurel, juniper and rosemary, the only restriction being the final salt content that must never exceed 5%.



### Typically smoked

After dry-corning, the hams are exposed alternately for some days to light smoking over low-resin wood and to the fresh air of the South Tyrolean mountain valleys. Smoke temperature must never exceed 20°C. This is the way Speck acquires its inimitable, finely spiced aroma.



### Typically aged

The hams have about 22 weeks to cure and turn into a gourmet speciality. They are left to hang in rooms pervaded by the clean, fresh air of the South Tyrolean mountain valleys. During this process the Speck hams lose about one third of their initial weight and acquire their characteristically firm consistency.

THE UNIQUE SYMPHONY OF AROMAS, SMOKE AND MOUNTAIN AIR GIVE SPECK ALTO ADIGE ITS WELL-BALANCED AND INIMITABLE TASTE.

## The “Alto Adige” quality seal

A TOP QUALITY PRODUCT CAN BE DERIVED ONLY FROM TOP QUALITY INGREDIENTS, FROM SPECIAL CARE AND ATTENTION DURING THE PRODUCTION PROCESS, FROM ARTISAN KNOW-HOW. A FINISHED PRODUCT FIRE-BRANDED WITH THE SPECK ALTO ADIGE PGI SEAL IS A GAURANTEE OF THESE PRINCIPLES.

Only when the Alto Adige seal is fire-branded on the rind can one say that all has been done according to tradition. Only then can the Speck ham be considered authentic “Speck Alto Adige”.

Precisely, in order to guarantee this high level of quality, the Consorzio Tutela Speck Alto Adige was established. This is an association established in 1992 to represent the communal interests of all the producers of Speck Alto Adige PGI. Consequently, a system for verifying compliance with the imposed quality parameters throughout the production phases, from meat selection to finished product, was developed together with the independent control institute Istituto Nord Est Qualità (INEQ).

The “Speck Alto Adige PGI” product can only be manufactured exclusively by those producers who have undertaken by contract to produce it following the traditional method undergoing continuous and detailed inspections. Control inspectors have free access to the production sites at all times. They assess the age of the hams, the fat to lean ratios and the salt content. They also check consistency, smell and obviously taste, which should be lightly smoky with a hint of walnuts and fresh Porcini mushrooms.



The “Speck Alto Adige PGI” quality seal ensures controlled quality.

Before buying,  
check for the quality seal featured  
on the green label.



## The importance of the name

THE “SPECK ALTO ADIGE PGI” BRAND GUARANTEES SUPERIOR QUALITY. IT GUARANTEES THAT YOU ARE ABOUT TO ENJOY A UNIQUE REGIONAL SPECIALITY. THIS IS BECAUSE NOT ALL SOUTH TYROLEAN HAMS CAN BEAR THE NAME “SPECK ALTO ADIGE”.

“PGI” stands for “Protected Geographical Indication”. This status is assigned by the European Union only to select products produced according to traditional methods and in specific geographical areas.

Only the Speck produced in South Tyrol by processing pork hams according to the ancient original method can bear the name “Speck Alto Adige PGI”. The ingredients have remained unchanged through the centuries: a little salt, a little smoking, lots of fresh mountain air and a long ageing process. Only when all of the production specifications have been complied with and the inspections passed can a Speck ham receive its PGI status.

Actually, Speck Alto Adige PGI is one of the most controlled Italian quality products and is currently one of South Tyrol's most important export products. However, only 40% of the 5.5 million Speck hams produced each year in South Tyrol receive the prestigious label. This is the irrefutable proof of how severe and effective the quality inspections are!

## Speck Alto Adige PGI – typical taste

WHAT MAKES SPECK ALTO ADIGE PGI SO TYPICAL IS ITS CLOSE TIES WITH NATURE, RESPECT FOR TRADITION AND THE ASSUMPTION THAT ONLY THE BEST PRODUCT IS GOOD ENOUGH.

Speck Alto Adige expresses multiple qualities: it contains a lot of protein, it is very easy to store and is equally excellent enjoyed alone or in combination with other ingredients. In short: Speck Alto Adige is a precious food element that should always be available in your home.

You can enjoy Speck Alto Adige in many ways: in the classical way as a quick snack, in the elegant way as the fine-tasting ingredient of a traditional dish or as the creative element in a modern cuisine recipe. No matter how you prepare it, Speck Alto Adige is always a true delicacy for your palate.

# Slice it right and taste it better!

TO EACH ITS OWN: THIS ALSO APPLIES TO SPECK ALTO ADIGE PGI! SOME LIKE SPECK HAM SLICED ULTRA-THIN WITH THE SLICING MACHINE, OTHERS PREFER THE TRADITIONAL HAND-SLICING METHOD. DISCOVER YOUR FAVOURITE WAY OF ENJOYING SPECK ALTO ADIGE PGI!

Start slicing Speck from the harder parts of the ham because these are the areas that dry out faster.

Cut a piece about two fingers thick and remove the rind. For an even more delicate taste, remove the crust of herbs and spices. Traditionally, the crust is left on to ensure a more decisive and spiced flavour.

The resulting piece can then be sliced, cut into julienne stripes or diced. You'll soon learn that each shape of Speck Alto Adige generates its own typical flavour experience.

**SUGGESTION:** Cut the Speck as thinly as possible and always perpendicular to the grain. This will ensure excellent morsels.



**CORRECT STORAGE TO PRESERVE THE TYPICAL AROMA**

In its vacuum-sealed package, Speck Alto Adige can be stored for many months in the fridge or in a dark and cool place. Non-packaged Speck can be kept in the fridge for a few weeks wrapped in a piece of cloth or placed between two soup dishes, always making sure it isn't near strong-smelling foods.

Its good nutritional values and its high content of superior protein make Speck Alto Adige the ideal alternative to fresh meat, fish and eggs.

**Nutrition facts for 100 g of Speck Alto Adige**

Calories	335,31 kcal/1395,95 kJ
Protein	31,37 g
Carbohydrates	0,5 g
Fat	23,30 g
of which saturated	7,2 g
Fibre	0 g
Sodium	14874,0 mg/kg

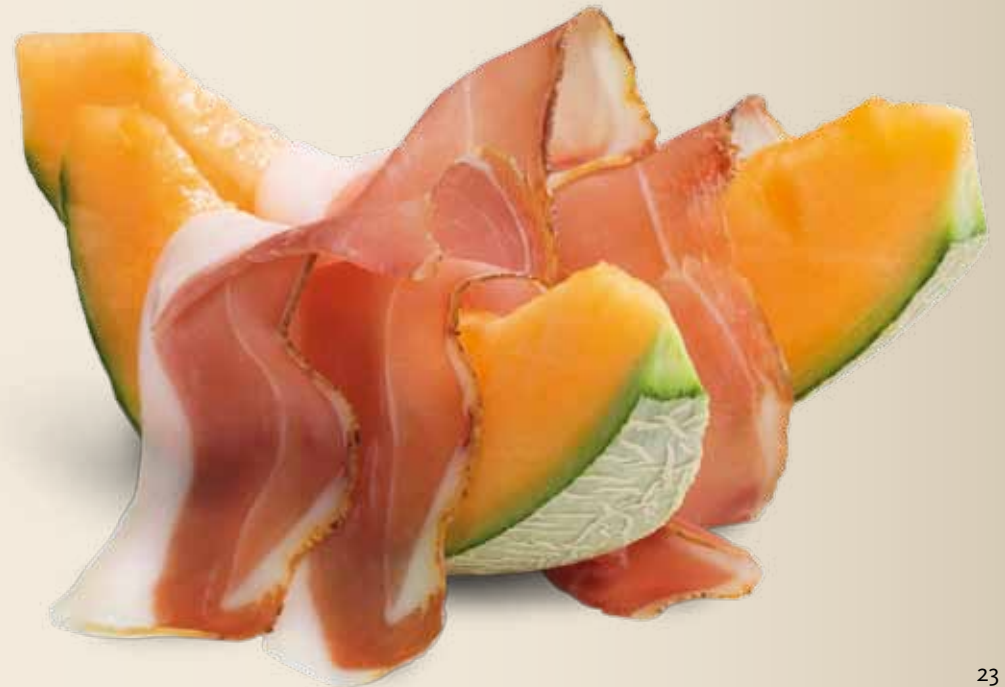
Source: Consorzio Tutela Speck Alto Adige 2006

## Surprisingly versatile

YOU CAN SEE IT, SMELL IT, TASTE IT: NO OTHER SPECK IS LIKE SPECK  
ALTO ADIGE PGI. AND IT IS AS UNIQUE AS IT IS VERSATILE.

Speck Alto Adige is per se a pleasure: it is best enjoyed in thin slices accompanied by a good glass of South Tyrolean wine. It's not just good cold, as a tasty and quick to prepare snack but it is also excellent in combination with other ingredients in hot dishes: in so many ways that you'll be pleasantly surprised.

Cook with us and try the recipes  
of the South Tyrolean gourmet chef  
Herbert Hintner!



## Speck-flavoured Canederli dumplings

**Ingredients for 4 persons:** 200 g white bread (diced), 100 g diced Speck Alto Adige, 40 g flour, 50 g braised onions (see the basic recipe on page 34), salt, a tablespoon of finely chopped chives or parsley, 3 eggs

**Preparation:** Mix together the diced bread and speck, flour and the braised onions, and season with the salt and parsley (or chives). Add the eggs and bring the mixture together until all the ingredients have combined well. Leave to sit for 10 minutes, then shape the dumplings and cook for 8-10 minutes in salted water.

**Tip:** Remove the speck from the fridge at least a quarter of an hour before serving, in order to fully release its aroma.





## Potatoes with a speck and sour cream filling

**Ingredients for 4 persons:** 8 medium sized potatoes, 100 g sour cream, salt, pepper, 160 g Speck Alto Adige, 50 g braised onions, 10 g chives, 2 sprigs of thyme, 4 leaves of basil, 4 sprigs of parsley

**Preparation:** Boil the potatoes in salted water leaving their skin on. Warm the sour cream and season with salt and pepper. Add the finely chopped herbs. Cut the potatoes at about one third of their length and delicately scoop out the flesh using a teaspoon. Cut the speck Speck Alto Adige into slices, mix with the braised onions and use the mixture to fill the empty potatoes. Put the sour cream onto the plate and place the potatoes on top. Garnish as you wish.



## Breadsticks & speck

**Ingredients for 4 persons:** 25 g yeast, 1/4 L water, 15 g salt, 500 g wheat flour, 1/8 L olive oil, 160 g Speck Alto Adige

**Preparation:** Dissolve the yeast in the tepid water and add the salt and flour. Mix in a blender, slowly incorporating the olive oil. Leave the mixture to sit for about an hour. Shape the mixture into a thick roll and cut into thick slices, which you must also roll out into the shape of long thin sticks. Bake the breadsticks for 15 minutes in a preheated oven at 140°C. Leave the breadsticks to cool and wrap some slices of Speck Alto Adige around each one.

## Speck platter

**Ingredients for 4 persons:** potatoes with speck filling (recipe on page 26), 200 g hand-sliced Speck Alto Adige, 200 g thin slices of Speck Alto Adige, 200 g speck, olive oil, salt, pepper, 4 radishes, 40 g horseradish flavoured cream.

**Preparation:** To make the speck roll, slice the Speck Alto Adige into long thin slices about 5 mm thick. Spread out the slices of speck, overlapping them, for about 10 cm. Repeat the procedure with the remaining slices until you form a 10x30 cm rectangle. Roll the rectangle and cut into thin circles.

Place the potatoes with speck filling, the roll, the hand-sliced speck and the thinly-sliced speck on the platter. Garnish as you wish, with radishes, gherkins, horseradish sauce or Valerian salad.





## Asparagus salad with speck carpaccio

**Ingredients for 4 persons:** 8 Terlano asparagus, salad as you please, 20 thin slices of Speck Alto Adige, 80 g thin shards of Parmigiano-Reggiano, 8 tablespoons of vinaigrette

**Preparation:** Cook the asparagus in salted water and leave to cool. Place 2 asparagus on each plate. Put the salad in the middle of the plate and add 5 thin slices of Speck Alto Adige, sprinkle with the Parmigiano shards and garnish with vinaigrette.



## Tagliatelle with speck

**Ingredients for 4 persons:** 100 g Speck Alto Adige, 100 g onions, 50 g olive oil, 250 g diced tomatoes, 1 bay leaf, salt, freshly-ground pepper, 1 dry chilli, 1 tablespoon of parsley, 320 g tagliatelle (the green and yellow kind), 4 basil hearts, 4 slices of sun-dried tomatoes, 1 clove of garlic.

**Preparation:** To make the sauce: cut the Speck Alto Adige into strips. Peel the onion, cut in half and slice. Brown the sliced onion in the olive oil and add the Speck Alto Adige. Add the diced tomatoes and bay leaf, season with the salt, pepper, chilli and cook for about 10 minutes. Before removing from the heat add the finely chopped garlic. Wash the parsley, chop finely and add to the sauce. Cook the tagliatelle in abundant salted water, drain, add to the sauce and toss, garnishing with the basil leaves and sun-dried tomatoes.



## Mediterranean potato pizza with speck

**Ingredients for 4 persons:** 200 g floury potatoes, 200 g Speck Alto Adige, 50 g stewed tomatoes, 40 g pitted olives, 30 g capers, 100 g braised onions (see basic recipe on page 34), 4 leaves of basil, salt, pepper, olive oil

**Preparation:** Peel the potatoes, cut them into pieces and boil in salted water. Clean the Speck Alto Adige removing the aromatic crust, cut first into thin slices then dice. Warm up the stewed tomatoes. Drain the potatoes, mash them and mix using a whisk, adding a pinch of salt. Spread the mashed potatoes evenly onto each serving plate using a piece of cling film and a meat mallet.

Remove the cling film, cover as you wish, with speck, olives and capers and garnish with the basil.



## Leek risotto with speck and Schüttelbrot

**Ingredients for 4 persons:** For the creamed leek: 200 g blanched leeks (using only the green part of the stalk), 50 g butter. For the risotto: 280 g rice (Carnaroli kind), olive oil, 1 L vegetable broth (see the basic recipe on page 34), 40 g grated Parmigiano, 50 g butter, salt, pepper, 100 g Schüttelbrot (South Tyrolean cracker bread), 150 g Speck Alto Adige (diced)

**Preparation:** To make the creamed leeks: chop the leeks and butter together. To make the risotto: heat the rice with the olive oil without browning. Pour in the vegetable broth to just cover the rice, and gradually top up with the broth as soon as the rice absorbs it. Cook for about 13 minutes, stirring all the time. Lastly, stir in the creamed leeks and grated Parmigiano, seasoning with salt and pepper. Crumble the Schüttelbrot and mix with the diced speck. Place a metal ring in the middle of each serving plate and fill with the risotto, then remove the ring and garnish with the Speck Alto Adige and Schüttelbrot.

# Basic recipes

## Braised onions

**Ingredients for 4 persons:** 1 medium-sized onion, 50 g butter or 50 g olive oil

**Preparation:** Heat the butter or olive oil in a frying pan and add the sliced onions. Braise without browning. Drain away the oil and leave the onions to cool.

## Vegetable broth

**Ingredients for 4 persons:** 2 L water, 1 carrot, 1 medium-sized onion, 1/2 celery stick, 1/2 celeriac, 1 clove of garlic, 2 parsley stems, 1 sprig of rosemary, 1 bay leaf, 5 basil leaves

**Preparation:** Place all the ingredients together in a pot and simmer for about 2 hours over a low fire. Filter and use as required.

Coordinated by: EOS – Export Organisation South Tyrol of the Chamber of Commerce of Bolzano/Bozen

Concept, text and layout: Conzepta

Photography: Frieder Blickle, Alessandro Trovati, August Ochsenreiter, Südtirolfoto, SMG

Recipes: Tagliatelle (page 31) by Gasteiger, Bachmann, Wieser; all other recipes by Herbert Hintner.