

Jambon Cru

Jambon cru, or cured ham, is a type of air-dried or dry-cured ham that is not cooked after being preserved with salt and herbs. Although literally translated as “raw ham,” it is safe to eat because the curing and air-drying process removes moisture and prevents spoilage, similar to prosciutto or jamón.

Characteristics

- **Preparation:** It is typically made from the upper rear leg of the pig and aged for periods ranging from three months to over two years.
- **Flavor:** The long curing process results in an intense, complex, and nutty flavor with a higher fat content than cooked ham.

Varieties of Jambon Cru

Popular European examples include Jambon de Bayonne (France), Prosciutto (Italy), and Jamón Ibérico (Spain), each defined by specific regional pig breeds and curing methods.

- **Jambon de Parme** (*Prosciutto di Parma*) is the authentic Italian dry-cured ham, whereas **Jambon Serrano** is Spanish.
- **Jamón ibérico** (Spanish: [xa'mon i'βeriko]; Spanish for “Iberian ham”), known in Portuguese as presunto ibérico (Portuguese: [pɾɨ'zũtu i'βɛɾiku]), is a variety of jamón or presunto, a type of cured leg of pork

Differences

- **Origin:** Jambon de Parme is produced exclusively in the Parma region of Italy under strict AOP regulations, while Jambon Serrano comes from various mountainous regions in Spain.
- **Taste and Texture:** Jambon de Parme is known for its sweet, delicate, and melt-in-the-mouth texture with a mild flavor. In contrast, Jambon Serrano is saltier, firmer, and drier, with more intense, robust notes.
- **Production:** Jambon de Parme uses only salt and is aged for at least 12 months, often benefiting from the region's humid climate. Jambon Serrano may include preservatives, is aged for 7 to 16 months, and is cured in drier mountain air.

Choice

For an elegant, sweet Italian antipasti experience, choose Jambon de Parme. For a saltier, rustic option often used in tapas or cooked dishes, choose Jambon Serrano

Sources Jambon Cru in Nice, France

Because of the strong Italian influence in Nice there are excellent sources of Jambon Cru.

- **La Trattoria du Palais** is a historic Italian restaurant in Nice, celebrated for its authentic cuisine and warm, convivial atmosphere. Operating since 1987, it has become a local institution in the city's prestigious Golden Square, just steps from the Negresco Hotel and the Promenade des Anglais.
- **Vin Sur Vin** (also known as 20 Sur Vin) is a French bistro and wine bar located at 18 Bis Rue Biscarra, 06000 Nice, specializing in homemade, seasonal cuisine and natural French wines.
- Key Details:
 - Cuisine: French, European, locally produced, and organic options. The menu features bistrot classics prepared with fresh, seasonal ingredients.
 - Price Range: Mid-range, averaging around €34.
 - Ambiance: Described as warm and charming, with an air-conditioned terrace that is sunny in summer and heated in winter. The venue offers a sommelier service and can be privatized for events.
 - Hours: Open for lunch (12:00–14:30) and dinner (19:00–22:00/22:30), Tuesday through Saturday. It is generally closed on Sundays.
 - Reviews: The restaurant holds strong ratings, including an 8.8/10 on TheFork (based on 136 reviews) and an 81/100 on Sluurpy (based on 1,600+ reviews), with guests praising the well-cooked meat dishes and wine selection

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