

## **Spring delight with Iberian Ham :**

### **Aromatic recipe inspirations for the asparagus season: a unique gastronomic journey**

**Berlin/Madrid, 16. February 2023:** With the start of the asparagus season, which runs from mid-April to the end of June, spring comes to the kitchen. The versatility of this noble vegetable is known to all and when it is prepared together with Iberian Ham, the final result is a culinary proposal that will delight everyone. Like asparagus, Iberian ham is a gourmet product appreciated all over the world. A top quality food that comes from culture, tradition and a unique know-how that is transmitted from generation to generation, in perfect harmony with innovation and closely linked to the rural environment and its people, for whom Iberico Ham is much more than food: it is a concept, an attitude towards life and a passion, which has led it to endure over time and in the gastronomic imagination.

In the asparagus season, and to bring the benefits of this culinary jewel closer to international consumers, the Iberian Ham promotion campaign "Iberian Hams from Spain. Ambassadors of Europe in the World", promoted by the Iberian Pig Interprofessional (ASICI) With the support of the EU, it presents original recipes inspired by the appreciated asparagus together with the prestigious chef Christian Sturm-Willms , ambassador of Iberian Ham in Germany.

The German ambassador of the campaign endorses the mission of bringing the excellence of this food closer through the creation of innovative compositions in which he places a delicacy such as Iberian Ham in a completely new and refined light, and the popular vegetable under a different approach. totally updated and creative.

This collaboration is part of the 'Wake up your Iberian Sense' campaign, which seeks to bring out the Iberian side of consumers thanks to the activation of an international network of chef ambassadors, led by Mario Sandoval (distinguished with two Michelin stars); the French chef Amandine Chaignot (chef of the Pouliche restaurant), Carlos Gaytán (the first Mexican to receive a Michelin star), the great Chinese chef Irven Ni and, of course, the German Christian Sturm-Willms (with a Michelin star). Authentic references of haute cuisine that have become the biggest prescribers of a product like Iberian Ham, increasingly involved in world gastronomy”.

## **Fusion cuisine par excellence**

Iberico Ham has become an essential in avant-garde cuisine around the world. A product of such high quality and versatility that it offers a wide range of culinary possibilities to surprise family and friends. This is demonstrated by the different elaborations created by world-renowned chefs who place the Iberian Ham as the absolute protagonist of all eyes. Through the campaign "Iberian Hams from Spain, ambassadors of Europe in the world" and its ambassadors, Mario Sandoval, Christian Sturm-Willms, Amandine Chaignot, Irven Ni and Carlos Gaytán, we bring you an unparalleled sensory experience that places this product, emblem of the Mediterranean Diet, in the center, demonstrating the different possibilities it has within gastronomy.

Christian Sturm-Willms, chef at the Michelin-starred restaurant Yunico, stands out for his excellent fusion of Japanese and Mediterranean cuisine. The result is an exquisite fusion cuisine that enriches and surprises all the senses. For him, "Iberico Ham is a very versatile product that allows me to give a distinctive and original touch to my recipes. Thanks to its attributes, I can achieve very special flavors that I could not achieve with other foods."

In asparagus season, the German chef Accompany this delicacy with an aromatic miso soup or combine it with fresh eagle fish, oven-roasted bimi, sweet potato purée and Iberian ham.

We hope you enjoy trying it out - *bon appetit!*

## **Asparagus packed with Iberian ham in tempura**

### **Ingredients :**

- 1 bunch of green asparagus
- Iberian Ham
- 1 tablespoon of Cornstarch
- 1 jet of very cold water
- 1 tablespoon of flour
- salt

We had tried vegetable, seafood and even fruit tempura such as melon. Today it's asparagus tempura. With a good bunch of triggers, we will prepare an appetizer, starter or luxury garnish in a short time. When we try this tempura, **we will notice the crunch of the batter and the asparagus in our mouths, which must be at their cooking point, *al dente*, so that we can feel its bite.**

### **preparation :**

1. Prepare the asparagus by removing the whitish stem and cook it steamed or in boiling water with a little salt for a few minutes until *al dente*.
2. Put the flour, cornstarch and a splash of ice water in a bowl. Stir until a light and homogeneous mass is obtained.
3. Wrap the asparagus with Iberian ham, impregnate them with tempura and fry them at 210 degrees in abundant hot oil, for one minute while moving. Until the batter puffs up and is lightly browned.

**A simple dish that will allow you to combine asparagus with the explosion of flavor of Iberian Ham.**

## **Crispy Roast Eagle and Iberian Panko;**

## **Miso-Iberico Shoyu Ham Butter; bimi; Sweet Potato Puree; Pinion and asparagus**

### **1. roasted eagle fish**

In a frying pan, lightly fry the eagle fish on the skin until crisp, turn it over and fry it briefly on the other side as well. Then place the pan in the oven for 4 -6 minutes (depending on the thickness of the fillet) with the Bimi in the oven and let the fish rest.

### **2. Miso Iberian Ham Butter Shoyu**

#### **Ingredients :**

100 g of Iberian ham slices),

1 onion,

50g miso paste,

1 small sprig of rosemary,

100 ml of meat broth,

50 ml of white wine,

50 ml of cream,

50 ml of milk,

60g butter,

Salt pepper,

Lecithin

#### **Preparation:**

Cut the Iberico Ham and the onion into small cubes and fry them in a frying pan until lightly toasted.

Then deglaze with the white wine and add the broth, cream and milk. Cook over low heat for 10 minutes.

Add the rosemary and miso paste and simmer for a further 1-2 minutes until the miso has dissolved.

Pass through a fine strainer and season with salt and pepper.

Before serving, mix with a little lecithin to make the sauce smooth.

(If you like, you can thicken the sauce with a little starch.)

### **3. Crispy Iberian Panko**

#### **Ingredients :**

250 g panko, 75 g ham (finely chopped), 50 g butter, salt, pepper, lime zest, Put the butter in a pan and let it melt.

#### **Preparation:**

Now add the panko and the ham cubes and fry everything together until lightly golden. Season with salt and pepper and lastly add some fresh lime zest and drizzle over the fish to serve.

### **4. Baked bimi with pine nuts**

#### **Ingredients :**

2 servings, 250 g bimi, a baking dish, salt, pepper, pine nuts (toasted in a pan without fat), olive oil

#### **Preparation:**

Wash and dry the bimi, trim the ends, heat the oven to 150°C.

Place the vegetables in an ovenproof dish.

Drizzle with olive oil, season with salt

Cook the bimi in the oven for about 15 minutes until it starts to lightly brown. But don't let it get too soft, try with a fork in between.

### **5. sweet potato puree**

#### **Ingredients :**

1 kg of sweet potatoes,

2 tablespoons of olive oil,

100 g of whole milk,

15g butter

#### **Preparation:**

For the sweet potato puree, first peel the sweet potatoes and cut them into medium pieces. Put them in a pot and boil them with enough water until they are very soft. This takes 25-30 minutes, depending on the thickness. Then drain the water.

Put the cooked sweet potatoes back in the pot. Add olive oil, butter and milk. Season with salt, pepper and a little nutmeg and blend until smooth. If it's still too firm, add more milk and mix again.

## **6. Asparagus**

### **Ingredients :**

12 seasonal asparagus,

Salt

### **Preparation:**

Boil the asparagus over medium heat for approximately 10 minutes.

### **PLATING:**

Place the bimi, along with the asparagus, the sweet potato puree and the fish with the panko on a plate, sprinkle the pine nuts over the vegetables plus fleur de sel and ground pepper, and that's it!

### **Quality control - All the information about Iberian Ham on your smartphone**

ASICI has promoted the Ibérico APP, a revolutionary application for mobile devices that allows you to check the traceability of your piece of Ibérico Ham and verify that it complies with current regulations. All you have to do is focus on the unique and individual barcode that appears on each Quality Standard seal to access the traceability information for that part.

Before buying your piece, do not forget to check that it has one of the four seals that guarantee that it is indeed an Iberian product. Black, red, green or white: four seals, four colours, four categories of Iberian Ham.

You can now download the IBÉRICO app, it is free and available for IOS and Android.

### **About the campaign**

The "Spanish Iberian Ham, Ambassador of Europe in the World" program, launched by the sectoral association ASICI and co-financed by the European Union, will take place between 2021 and 2023 in the countries of Germany, Spain, France, China and Mexico. In addition to publicizing and improving the competitiveness of Iberian Ham in the markets, the campaign aims to position the product as a healthy Mediterranean delicacy.

### **About ASICI**

ASICI, the Interprofessional Association of Producers of Iberian Ham, is a non-profit interprofessional agri-food organization (OIA), in which more than 95 percent of the production organizations (livestock farmers) and more than 95 percent are equally represented. percent of the processors (industry) of the Iberian pig. It was created in 1992 and recognized in 1999 by the Ministry of Agriculture, Fisheries and Food as an interprofessional organization of the Iberian pig sector.

### **Iberian press contact**

louise kalusa

c/o public link GmbH

[iberico@publiclink.de](mailto:iberico@publiclink.de)

+49 (0) 30 443188 24