



IN THE
CHARCUTERIE

TAYLOR BOETTICHER and TOPONIA MILLER

'A cracking book!'

TOM KERRIDGE

How to Make Sausage, Salumi, Pâtés, Roasts,
Confits, and Other Meaty Goods

IN THE CHARCUTERIE



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ABOUT THE BOOK

The tradition of preserving meats is one of the oldest of all the food arts. Yet, most people simply associate charcuterie with a delicious platter of meats at a restaurant.

But real charcuterie goes well beyond that. At its most basic level it is the technique of seasoning, processing, and preserving meat, but the charcutier's bounty ranges from sausages and hams to stuffed game birds and elaborate roasts. Charcuterie can be a succulent confit duck leg on a bed of crisp greens, a rich and meaty stew, or a picnic blanket laden with pâtés, pickled vegetables and slices of fragrant salami.

With over 125 recipes and fully illustrated instructions for making brined, smoked, cured, skewered, braised, rolled, tied, and stuffed meats, plus a primer on whole-animal butchery, this definitive cookbook explains professional techniques that will enable home cooks to experience restaurant-quality meat every day and take their meat cooking to the next level.

Start with a whole hog middle, stuff it with herbs and spices, then roll it, tie it, and roast it for a ridiculously succulent take on porchetta. Or brandy your own prunes to stuff a decadent duck terrine. If it's sausage you crave, grind, case, link, loop and smoke your own kolbász. This book will help you fill your

larder with jars of suet and drippings, tubs of flavoured butter and pots of confit. It will show you how to turn a haunch of pork into creamy lard, a heady broth or a smoked ham, and how to whip up an elegant pâté, a hearty pot of soup, or a mess of savoury scones.

With its impeccably tested recipes, this instructive and inspiring tome is destined to become the go-to reference on charcuterie – a treasure for anyone fascinated by the art of cooking with and preserving meat and an indispensable classic for years to come.

ABOUT THE AUTHORS

TAYLOR BOETTICHER and TOPONIA MILLER are the husband-and-wife team behind the Fatted Calf Charcuterie, which they opened in San Francisco and Napa after apprenticing with the legendary Tuscan butcher Dario Cecchini (made famous by Bill Buford's kitchen memoir *Heat*). The couple met at the Culinary Institute of America in Hyde Park, then moved to the Bay Area and worked in restaurants including Mustards and The Café at MOMA.

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The Ugly Burger
Traditional Sauerkraut

Veal and Chicken Galantine

Whole Duck Confit
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IN THE CHARCUTERIE

How to Make Sausage, Salumi, Pâtés, Roasts,
Confits, and Other Meaty Goods

TAYLOR BOETTICHER and TOPONIA MILLER of The Fatted Calf
Photography by Alex Farnum

 **SQUARE PEG**





INTRODUCTION: COME ON IN

WHEN YOU FIRST walk through the doors of the charcuterie, it feels as if you've entered an enchanted world of meaty wonders. The aroma of crispy-skinned pork roast fills the shop, inviting you to try a bite. Our cases are filled with pâtés, *salumi*, sausages, roasts, and terrines – and when the meat counter crew offers you a slice of the fennel-flecked *sbriciolona* and a piece of head cheese, it's hard to say no. Walk back into our kitchen and you'll smell spices toasting, bones roasting, and broths simmering. Someone is churning out coils of fresh sausage from the hand-cranked stuffer, and someone else is hanging huge, freshly-cased *cotechino* on hooks for fermentation. We're hand-shredding a veritable vat of duck rillettes, seasoning it with freshly chopped thyme, then packing it into jars and sealing each with a creamy layer of duck fat. Bacon has just finished in the smoker! Go ahead and tear a hot piece off the end of the glistening slab. Peer into our curing room where row upon row of salami, *guanciale*, and pancetta hang quietly, patiently, enrobed in a delicate snowy bloom of mould.

If you are curious and want to know how all of this works – if a hunger stirs inside of you and you feel somehow strangely at home – then you are in the right place. Welcome to the Fatted Calf Charcuterie.

A charcuterie is a bit of a strange business, and the Fatted Calf is an unusual charcuterie. More than just a butcher's, we offer meaty goods and services that are varied and unique. Pick out a duck or a slab of ribs and we'll cook it up for you. Want us to wrap and season your pork tenderloin? No problem. Craving a dish you ate at a little roadside restaurant in Burgundy and need wads of lacy caul fat and pork jowl to recreate it? We have it here. At the Fatted Calf, we butcher whole hogs, goats, and lamb. We sell chicken, duck, rabbit, and quail. We make our own sausage, pâtés, terrines, and potted meats. We cure *salumi*, smoke pastrami, and roast porchetta. We think about, talk about, and share our love of good meat from the moment we open until we close each day. We also teach butchery and charcuterie-making classes because we want to pass on the knowledge we've acquired to you.

Most people associate 'charcuterie' with a trip to Paris or a delicious platter of meats at a restaurant. But real charcuterie goes well beyond that. The charcutier transforms the bounty of the farm and forest into a delicious subset of cuisine, which ranges from sausages and hams to stuffed game birds and elaborate roasts. At its most basic level, charcuterie is the technique of seasoning, processing, and preserving meat. But it is also a way of preserving food cultures and traditions, and enriching our daily habit of breaking bread. It is a holistic approach to cooking and eating meat and a rewarding, hands-on way to connect with our food. At the Fatted Calf, charcuterie is a way of life – an approach to cooking and eating that celebrates the pleasures of the table. 'Charcuterie' can be a succulent confit duck leg atop a bed of crisp greens; a rich and meaty stew on a cold winter's night; or a picnic blanket spread in the shade of an old tree, laden with half-empty crocks of pâté, dishes with pickled vegetables, and slices of fragrant salami.

For as long as people have needed to preserve their meat, charcuterie has existed in one form or another. However, it was

the Romans (sticklers for rules that they were) who first codified the laws of meat preservation. Charcuterie began to blossom in earnest in France during the Middle Ages, when an official guild system was put in place to regulate the production of processed meat products. This gave birth to the delicatessen-like shops, also known as *charcuteries*, where the products were sold.

Over time, many of the techniques first developed in France and Italy (such as salting hams for prosciutti and processing meat into loaves or terrines) spread to the neighbouring countries of Germany, Spain, and beyond. Local predilections and ingredient availability produced countless regional charcuterie specialities, including speck, *Jamón Serrano*, and many, many more. In both Europe and the Americas, the industrial revolution hastened the charcuterie boom: swarms of people left the farm to work in urban factories, and thus lost access to proper kitchens and fresh meat products. The charcuterie or delicatessen became a necessity, a place where you could buy the makings of a simple meal with minimal effort. By the turn of the twentieth century, in major cities like Milan, Paris, or New York, you couldn't throw a stone without hitting a *salumeria*, charcuterie, or deli.

Then along came suburbs, the supermarket, and the rise of industrial agriculture. Production moved away from small, local shops and into bigger and bigger meat processing plants. Decades- or centuries-old recipes were dumbed down for efficiency's sake, quality was sacrificed for quantity, and many regional specialities were lost or forgotten. Meats came pre-sliced, prepackaged, and loaded with unhealthy preservatives. Even in Europe, charcuterie's birthplace, the traditions started fading. By the time we visited in the 1990s and early 2000s, there were hardly any young people learning the trade; charcuteries and *salumerias* were run by a handful of people from the older generation. An empire with no heir.

When we started the Fatted Calf in a sublet kitchen in San Francisco's Dogpatch neighbourhood in 2003, we had only an inkling of what we wanted to achieve. What we did know we had gleaned from dated texts and from our meat mentors in professional kitchens and butcher's. We knew that we wanted to honour the traditions of the craft but infuse them with our own quirky sensibilities. We borrowed from the old ways but weren't shy about incorporating the new. We sourced the best meat we could find, always from small family farms that used humane and sustainable methods. We used locally grown produce and foraged mushrooms, and the products we made and sold followed a rhythm of seasonality.

We were also staying up late, linking sausage and loading terrines well into the evening. We did a lot of dishes, cursed our beat-up old machinery, and suffered a few heartbreaking disappointments. In the beginning, we were like meat gypsies, hawking our wares out of coolers at Bay Area farmers' markets, huddled under our tent while gusts of wind sent freezing January rain on to our neatly arranged salami and terrines. But in spite of the weather, people came and tried our wild mushroom terrine, Toulouse sausage, and saucisson. And then the following week, they came back. They told their friends about us, and the Fatted Calf grew. When our little kitchen in San Francisco could no longer contain us, we moved to new digs in Napa. A few years later, we opened a second location in San Francisco's Hayes Valley neighbourhood.

Today the craft of charcuterie is experiencing a revival. While it started with chefs and a handful of artisanal producers, now it has practically gone mainstream thanks to an enlightened market of consumers who are curious about the origins of their food and hip to the fact that industrial agriculture and mass-produced meat products are not good for the planet or the population. We are proud to be a part of this movement and we want you to join us.

This book has something for everyone, whether you're a sceptical ex-vegan, scimitar-wielding novice, or seasoned old pro. When you walk into a butcher's shop and spy a pork shoulder in the case, we want you to see more than just a hunk of meat. We want you to see all of the possibilities that pork shoulder has to offer, from shoulder chops and stuffed roasts to picnic hams and salami. We want you, knife in hand, to experience what it is like to break a whole animal into its parts. We want to share with you not only the knowledge of butchering and cooking we have accumulated through our work, but also the respect we have for the raw ingredients, the satisfaction we derive from working in the kitchen, and the pleasure of sitting at the table with friends and family to eat what you have created. We want people to better understand the processes of charcuterie by participating in it. So we invite you to slip into our greasy clogs for just a little while. In this book, we'll ask you to plunge your hands into a freshly ground forcemeat to make sausage, inhale the intense perfume of a spice blend, confidently carve a roast, and more. And at the end, you get to enjoy the delicious results of your labour and passion.

We cook a lot, not just in the charcuterie but at home as well. The methods and recipes in this book are based on our professional experience of working in a charcuterie for roughly a decade – but they are also written with the home cook in mind. Quite a few of the recipes and methods presented here are simple to master, and we hope that they'll edge their way into your culinary repertoire with ease. Others are more challenging, multi-stepped processes that require several days or even weeks.

Charcuterie is a discipline that requires patience. Allowing plenty of time and space is the key to successful smoking, curing, and terrine- or sausage-making. The gratification is far from immediate, and may seem out of sync with our modern way of life. But we believe that there is a place for these meaty

meditations: they can teach us truths about history, community, sustainability, and self-sufficiency. With *In the Charcuterie*, we want you to take the same pleasure from butchering, cooking, and preserving your meat as you do savouring it at the table.



R
1qt.
- 1/2
1qt.
Cure 5/7
6-5
da Cure 43
OM
1qt.

White Pepper
1qt.
1/2
MACE WHOLE
1qt.
1/2
BACON Rub - NEEDS Aleppo
1qt.
1/2
Esplette
pancetta SKIN ON
1qt.
1/2
GREEN PEPPER
1qt.

Fleur sel
1qt.
1/2 L
2qt.
NUTMEG.
1qt.
1/2 L
CARAWAY SEED
1.5L
1.5L
FENU GREEK.
1.5L
1.5L
Beef Pastrami Rub
1qt.

RECIPE LIST

Five Spice

Herbes de Provence

Preserved Meyer Lemons

Dried Fruit in Brandy

The Charcutier's Wild Mushroom Duxelles

Funghi Sott'olio

THE CHARCUTIER'S PANTRY

ON THE SHELVES of the Fatted Calf Charcuterie, you'll find buckets brimming with salt and stacked containers crammed with whole spices. Tubs of garlic, onions, and shallots are stored underneath trays of drying lavender, thyme, and oregano. Baskets of chanterelles and bins of herbs and citrus are kept in the cooler. Stashes of dried apricots and porcini sit alongside jars of dried *chile de árbol* and cayenne peppers. Meat makes up the core of the charcuterie, but our pantry provides us with a palette of flavours with which to work.

Stocking the charcutier's pantry is fairly simple. Most of the items you will need are commonplace or easily obtainable. Many may already be in your pantry. But the attention to detail paid to these staples is essential. Knowing which salts to use for each purpose is crucial. Understanding how to extract the most flavour from your spices is key. Learning to prepare *herbes de Provence*, mushroom *duxelles*, and brandied fruits adds breadth to your repertoire. Your well-provisioned pantry will endow you with the flexibility to take a simple pork shoulder and turn it into a succulent, seasoned roast, Toulouse-style sausages, spicy *ciccioli*, *cacciatorini* salami, or dozens of other preparations you'll find in these pages.

Salt

At its most basic, charcuterie can be reduced to two elements: meat and salt, in an endless variety of combinations and methods, and with a changing cast of supporting characters. Salt is both seasoning and preservative. Different types of sea salts and curing salts serve specific purposes in the charcuterie, and discerning how each affects the taste, texture, and longevity of meat is a valuable skill.

Seasoning with Salt

A sprinkle of salt enhances the taste of food by triggering receptors in our palates to allow us to perceive saltiness as well as subtle nuances of flavour. When practised with thoughtfulness and confidence, salting creates foods with fuller, sharper flavours, and thus dramatically increases the pleasure of dining.

Unrefined sea salt is the most natural type of salt available and is the only type we use in the charcuterie for seasoning. Table salts contain additives or other substances to make them pour more easily or to increase their nutritional value. These additives, such as iodine, fluoride, and aluminium, even in minute quantities, can cause an unpleasant chemical taste. A variety of good-quality sea salts is available in a range of colours and textures, each with its own unique minerality, a reflection of its origins and the techniques used to harvest it. The three types that we always have on hand in our pantry are fine sea salt, coarse sea salt, and *fleur de sel*.

We use **fine sea salt** more than any other for our everyday seasoning. Whether we are making a quick brine, rubbing a slab of ribs, preparing fresh sausage, salting duck legs for confit, preserving lemons, or pickling cucumbers, our go-to is a finely grained sea salt. It disperses faster and more evenly than larger-grained versions, making it more practical for most applications. Nearly all of the recipes in this book call for fine sea salt. If you are accustomed to using a typical table salt,