



# On Y' Bike France — *We bike France !*

## Cheese & Ham

### **Cheese - Fromage**

OMG you **HAVE** to try the cheeses in France! Ask any Frenchie expat what they miss about France and they will always say....the cheese!...also the bread. There is a reason..... it is bloody great. The only problem is that there are so many choices to make.

Each area, within each department, within each region has their own speciality so the number and variety of cheeses can be overwhelming.

Cheese comes in several broad groupings; It can be made from cow (Vache), sheep (Bevis) or goat (Chèvre) - It can also be Hard (Pressed), Soft or Blue veined.

If you see any of the following "Fromages de France" in markets or a cheese shops (Fromagerie) there is a good chance that it is the speciality of that region and is always worth a try.

Brie de Meaux	Camembert	Reblochon	Roquefort
Munster	Epoisse	Comte	Cure Nantais
Chavignol	Banon	Ossau-Iraty	Bleau d'Auvergne
Pont-l'evêque	Tommy de brebis	Rocamadour	Morbier
Tomme de savoie	Tomme d'abondance	Munster	Brebichon
Cantal	Mont d'Or	Raclette	Chevrotin des Bouges

Always ask what each is like and if you can try a little...especially before you buy!

### **Ham - Jambon**

French ham is also spectacular and should be tried many, many times during your holiday. You will find a good variety at all butchers and, in most, they are happy to let to try a small sample - ask for a taste (puis-je avoir un petit goût...or, more commonly, à gouti)

Dry or Cooked ham that has been Air dried or smoked comes in 3 grades.

- Jambon Sec Supérieur - is cured for at least 210 days.
- Jambon Sec - is cured for at least 130days.
- Jambon Cru is the entry level dry ham.

Wet cured ham includes ham used in sandwiches or canned ham. It is more like the hams we buy in Australia and is often called Jambon Blanc, Jambon de Paris or Parisier.

Thicker slices of Jambon can be cubed for salads while the thinner slices are perfect for placing on a baguette with a slice of cheese.

The ham from the town of Bayonne (Jambon de Bayonne) in the far South West of France is the most renowned in France although some other regions have a similar version with slight differences in the method of production and resulting taste. It is an air-dried ham (doesn't need cooking) with a slightly sweet taste and can be used in place of Prosciutto. You **HAVE** to try this at least once on your trip.