



## Where to Buy Prosciutto?



[Prosciutto](#) would now be able to be found in most all-around supplied store counters, or presliced with the prepackaged shop meats in markets all through the United States. Nonetheless, on the off chance that you are searching for quality prosciutto, it is typically better to get it newly cut from a shop that works in imported Italian items or at [Cibus Direct](#). When buying prosciutto, the shade of the ham should be ruddy. If it has a dullish tone or seems dry around the edges, it should be dodged. Abundance fat should be managed to about a quarter-inch, and the ham should be cut as flimsy as could be expected under the circumstances. Regularly better purveyors will let you taste a little cut first.

The cost of prosciutto changes significantly relying upon the maker and where it is made. Some American-created assortments of prosciutto can be found for as low as \$13 per pound,

though Prosciutto di Parma or San Daniele can cost \$30 per pound or more. But, in Cibus Direct, you can buy Prosciutto di parma - pre-sliced 3oz for only \$7.69.

### Putting away Prosciutto

An entire leg of [prosciutto](#) can be kept for as long as a half year in a cool, dry spot. When cut, the ham will save for a couple of days enveloped by plastic and kept in the ice chest, however from that point forward, the ham will start to oxidize and lose its flavor.

### Sustenance and Benefits of Prosciutto

Prosciutto is genuinely high in fat, cholesterol, and sodium, yet is a fantastic wellspring of protein, potassium, and iron<sup>1</sup>, so recall your dietary necessities and appreciate likewise.