

Knowledge @ Noon All About Charcuterie



Wednesday, February 15, 2023

Miami County Fairgrounds, Bldg #4

401 Wallace Park Drive, Paola

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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Charcuterie Boards

Marias des Cygne Master Food Volunteers

February 15, 2023

Charcuterie is a French term for a branch of cooking devoted to prepared meat products, such as bacon, ham, sausage, terrines, galantines, ballotines, pâtés, and confit, primarily from pork. Charcuterie is part of the garde manger chef's repertoire in food.

Back in the fall of 2022 my husband, Joe, was asked by his cousin Susie Harshman, co-owner of Clover Cliff Bed and Breakfast located in Chase County on Highway 50 to make her a 32 inch round charcuterie board for her to use at the bed and breakfast for a taco bar...after our visit, Joe and I went home and looked up charcuterie boards. Joe then went out and made her a 32-inch board as well as some smaller ones for her to use at her bed and breakfast business. So, the craze began! He has made charcuterie boards small like this one to larger than this one here on display. What a prize our daughter, Jennifer, and daughter-in-laws, Beth and Celine captured at Christmas. They were so excited. More about this later...

Charcuterie is a French term for translation of pork-butcher shop. Originally made for pork meats Charcuterie boards now can be used and displayed for goat meats, cheese, duck and really anything you want it to be. You just team up meats with a variety of crackers, cheeses, breads, etc.

The newest craze in Charcuterie boards are the Charcuterie parties...Here are some examples from a party at Christmas in your paper work today. As well as one from Feb. 12 that my daughter in law in Wyoming had recently...

SUBMITTED BY CHERYL SIGEL, MFV





Charcuterie Cups

An activity you can do with friends at parties is to create your own Charcuterie cup.

Curious about how to build the charcuterie cups of your dreams? First, add in tall items like pretzels, breadsticks, and skewers loaded with fruit or meat. Next, fill in the bottom with dried fruit, nuts, or small chocolates to add weight to the bottom and height to the cup. See anyone can make these!

Ingredients

Depending upon your theme, you can make charcuterie cups any way that you want...Some basic ingredients would be:

- Crackers (Ritz, Buttery Cracker, etc)
- Slices of Salami or pepperoni
- Slices of ham or turkey
- Slices of thick cut cheddar cheese (cut smaller for the skewer)
- Asiago Cheese
- Grapes
- Strawberries
- Apple Slices
- Any dried fruit you like
- Black Olives
- Baby Carrots
- Nuts or seeds

jarcuterie



Charcuterie



Once you have all your ingredients, prepare your cheeses, meats, fruits and vegetables. Set them on your space in front of you. Start by putting the nuts in the bottom of the cup. Take a skewer and start putting your meats, cheeses and or fruits onto the skewer. Place skewer into the cup of nuts. Add baby carrot to the cup. And there you have it! "Charcuterie Cup"

What is typically on a charcuterie plate?

You can customize your charcuterie board however you like, however typically it will include the following:

- Cured meats
- Various cheeses
- Olives and Nuts
- Fruit
- Dried Fruits
- Crackers or small slices of bread
- Jelly or Jam

Most Charcuterie boards use 3 to 4 different kinds of cheeses. You can cut them up and display them as you wish on the board.

Examples: Brie, smoked gouda, blue cheese, even cream cheese with jalapeno jelly on top will work.

Decorate with fresh herbs like rosemary sprigs or thyme...be creative because anything works!

- **Meats:** When choosing meats choose good quality meats like pepperoni, summer sausage, or even salami. Group your meats together on your board in separate groups like pepperoni here, summer sausage there and salami over there...you get the idea...You can fan out the meat pieces, you can fold them in half, you can cut into small triangles, etc.
- **Fruits:** I like to add fresh fruits like raspberries, blueberries, strawberries or grapes (any color). Dried fruits like apricots or pineapple are great to have on hand as well. I try and stay away from fruits like kiwi or sliced strawberries that can bleed out onto your board or get too messy and difficult to pick up.

I love to add olives to any meat/fruit charcuterie board for extra texture and color.

The fun thing about charcuterie boards is that there is no right or wrong way...just have fun and enjoy your time with friends and family.

I want to share with you a couple of boards:

Taco Bar

Desert Bar - Since this is so close to Valentine's Day I am using this theme with chocolates. You can do this with any deserts though. I love the idea of you being creative and doing your own thing! Don't you?

Resources: Picky-Palate.com, Wikipedia.com,

www.mmmboard.com

<https://erhardtseat.com/charcuterie-cups/>



Charcuterie Food Safety

extension.msstate.edu/blog/charcuterie-food-safety

By Ms. Mary Michaela Parker



When planning your charcuterie board, keep food safety in mind! (Photo by Canva)

Charcuterie boards are all the craze right now, and rightfully so! They're fun to make and delicious to snack on. With the holidays coming up, they're sure to be the talk of the party!

The word charcuterie means cured meat, including sausages and salami type foods. Cured meats are dry cured, so they are safe to eat without refrigeration or freezing.

Food safety shouldn't be overlooked in all the excitement that comes with building a charcuterie board. When planning your board, consider these tips to make sure your board stays safe to eat:

- Think about how long your board will be set out at room temperature. Some foods are safe to eat at room temperature, while perishable foods need to be tossed after two hours.
- Crackers, dried fruits, breads, nuts, shelf-stable cured meats, and hard or semi-hard cheeses are safe to eat at room temperature and can be left out.
- If you're including dips and condiments in your board, consider placing them in small bowls or plates and frequently replace them. Be sure to wash the container before filling it back up!
- Most vegetables and fruits are okay to be left at room temperature for about two hours. Restock the board with fresh fruits and vegetables throughout the event.
- If you're using refrigerated meats or soft cheeses, consider putting out small amounts at a time and replacing them frequently throughout the event.
- Charcuterie boards are full of finger foods meant for snacking. Place toothpicks and tongs around the board to encourage people not to use their fingers. If you anticipate guests will grab food with their hands, encourage them to wash their hands before grabbing a treat.

If you want to learn more about charcuterie boards and how to arrange them, check out this [post](#) from our friends at University of Arkansas Extension!

Posted on: November 4, 2022

Charcuterie Board Check List

CHEESES 3-4

- HARD (PARMESAN, ASIAGO, ETC.)
- SEMI-HARD (CHEDDAR, MANCHEGO, ETC.)
- SEMI-SOFT (GOUDA, BLUE CHEESE, ETC.)
- SOFT (BRIE, GOAT CHEESE, ETC.)

MEATS 2-3

- SALAMI
- CAPICOLA
- PEPPERONI
- HAM
- PROSCIUTTO
- CALABRESE

FRUITS 2-3

- RED (STRAWBERRY, RASPBERRY)
- PURPLE (GRAPE, BLUEBERRY)
- BLACK (BLACKBERRY, DRIED FIG)
- WHITE (APPLE, PEAR)
- ORANGE (ORANGE, APRICOT)

NUTS 1-2

- CASHEW
- WALNUTS
- PECAN
- PEANUTS
- PISTACHIO
- OTHER

SPREADS 2-3

- SWEET (JAM, MARMALADE, HONEY)
- SALTY (MUSTARD, AIOLI, HUMMUS)
- EXTRA

CRACKERS 2-3

- PLAIN
- MULTI-GRAIN
- FLAVORFUL

EXTRA

- CUCUMBERS
- CARROTS
- TOMATOES
- DARK CHOCOLATE

BRINY 1-2

- OLIVES
- PICKLES
- PICKLED ONIONS

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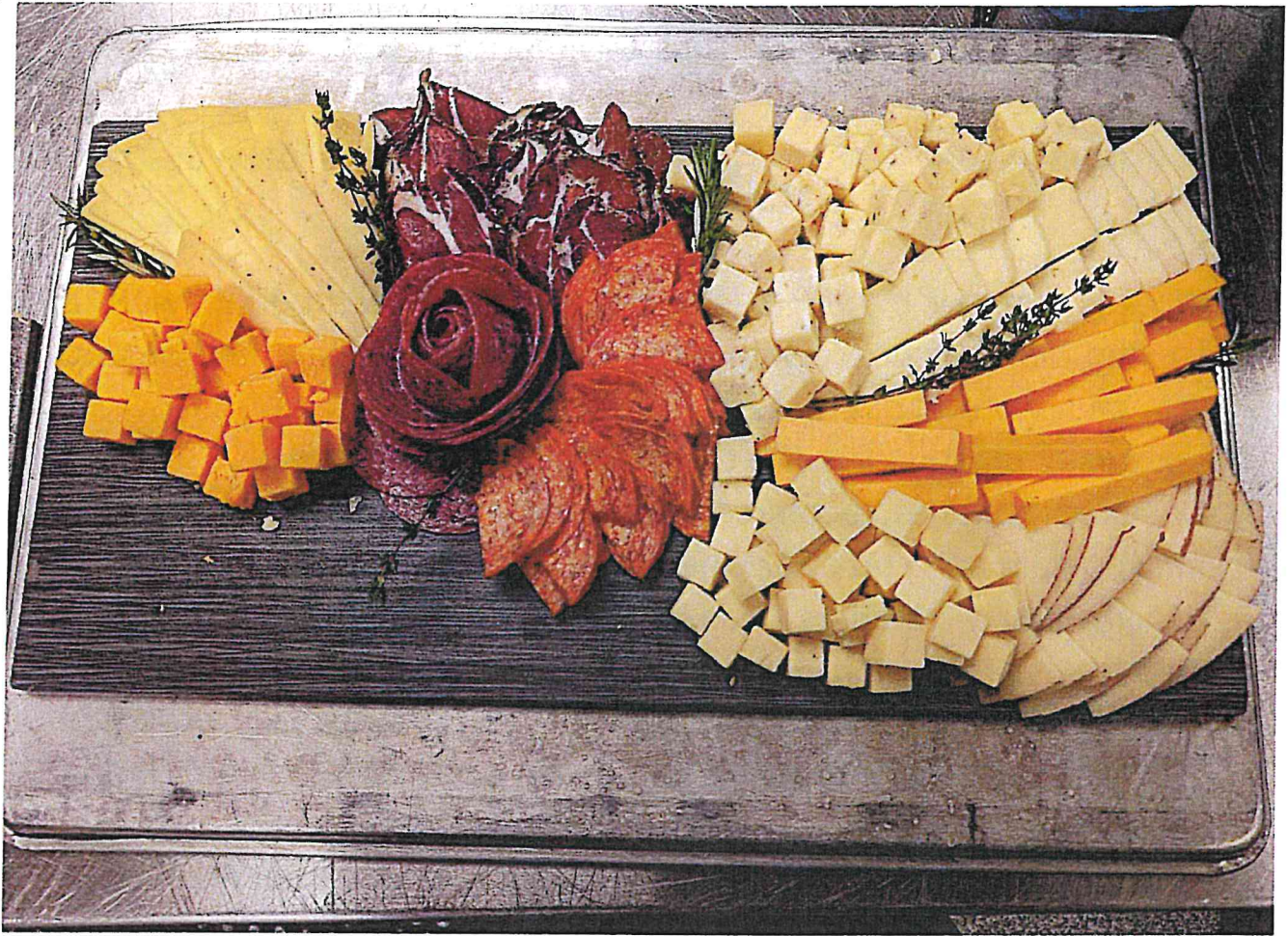


BOARDS FOR SPORTING KC



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SUBMITTED BY BARBARA WILSON, MFV



BUTTER BOARDS

What is a butter board? It is softened butter smeared thinly on a serving dish or board with all your favorite toppings and served with crusty bread or crackers.

For easier cleanup line the dish with parchment paper.

Unsalted butter is recommended because some of the toppings may contain salt and make the board too salty.

A high quality butter is necessary to give the butter board good flavor.

Irish butter can be used or Land Of Lakes butter(buy on sale). Whipped butter(too expensive) may be used or let regular butter soften at room temperature.

Toppings of your choice may include nuts, seeds, herbs, seasonings, jams, honey, etc.

Spicy Butter Board

1 stick unsalted butter

½ teaspoon red chili flakes

1/2 teaspoon paprika

1 teaspoon honey

1 pinch flaky salt

Layer the butter in swirls on the butter board.

Sprinkle butter with chili flakes and paprika..

Drizzle with honey and top with flaky salt.

Sweet Butter Board

1 stick unsalted butter

2 Tablespoons Jam

1 teaspoon honey

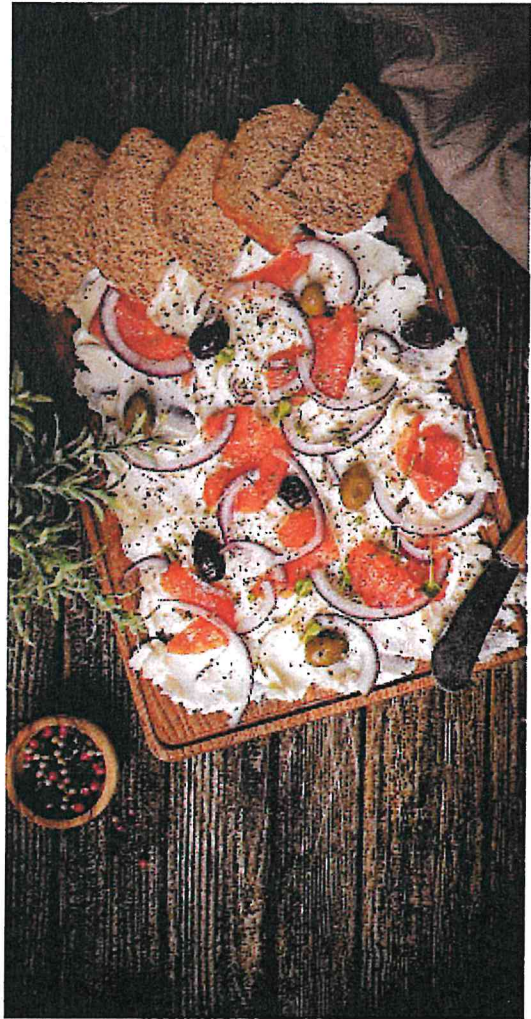
⅓ cup toasted pecans

Layer the butter in swirls on serving dish.

Top with jam and honey.

Garnish with toasted & chopped pecans.

Butter Boards



Charcuterie Presentation Recipes

Cheryl Sigel

Slow Cooker Chocolate Covered Peanuts (Nada Thoden)

- 1 (16 oz. jar) salted dry roasted peanuts
- 1 (16 oz. jar) unsalted dry roasted peanuts
- 1 (12 oz.) package milk chocolate chips
- 1 (12 oz.) package semi-sweet chocolate chips
- 2 (20 oz.) package almond bark

Directions: Place peanuts, chips and almond bark in slow cooker. Do not stir. Cook on low for 3 hours. Do not lift slow cooker lid until the 3 hours are up. Stir the mixture. Spoon chocolate peanuts into mounds on wax paper. Let set until cool. Make 72+ chocolate covered peanut patties.

Recipe from: A Patchwork of Recipes (Miami County Quilters' Guild)

Nutrition Facts

Servings: 72

Amount per serving

Calories **210**

% Daily Value*

Total Fat 14.3g	18%
Saturated Fat 5g	25%
Cholesterol 2mg	1%
Sodium 63mg	3%
Total Carbohydrate 17.5g	6%
Dietary Fiber 1.4g	5%
Total Sugars 13.8g	
Protein 4.7g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	5%
Potassium 82mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general

Almond Chocolate Cherry Muffins

- 1 $\frac{1}{4}$ cup all-purpose flour
- $\frac{1}{2}$ cup sugar
- 3 tablespoons unsweetened cocoa
- 1 $\frac{1}{2}$ teaspoons baking soda
- $\frac{1}{4}$ teaspoon salt
- $\frac{2}{3}$ cup buttermilk
- 3 tablespoons butter, melted
- 1 egg, beaten
- 1 teaspoon almond extract
- $\frac{1}{2}$ cup chopped maraschino cherries, drained
- $\frac{1}{4}$ cup sliced natural almonds, chopped

Directions: Preheat oven to 400 F degrees. Grease or paper line 36 (1 $\frac{3}{4}$ inch) mini-muffin cups.

Combine flour, sugar, cocoa, baking soda, and salt in large bowl making a well in the center of the bowl.

Combine buttermilk, butter, egg, and almond extract in a small bowl until blended. Stir this mixture into the dry mixture just until moistened.

Fold in chopped up cherries.

Spoon into the prepared muffin cups, filling $\frac{3}{4}$ full.

Sprinkle almonds evenly over the tops of the muffins.

Bake 14 to 16 minutes or until wooden pic inserted in the center come out clean.

Remove from pans. Cool on wire racks.

Makes 36 mini muffins.

Recipe from: Favorite Brands Name Muffin Collection

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Nutrition Facts

Serving size: muffins

Servings: 36

Amount per serving

Calories

46

% Daily Value*

Total Fat 1.6g	2%
Saturated Fat 0.8g	4%
Cholesterol 7mg	2%
Sodium 81mg	4%
Total Carbohydrate 7.5g	3%
Dietary Fiber 0.4g	1%
Total Sugars 3.8g	
Protein 1g	
Vitamin D 1mcg	5%
Calcium 10mg	1%
Iron 0mg	2%
Potassium 30mg	1%

Pinstripe Cookies

- 1 cup sugar
- 1 cup butter, softened
- 1 egg
- 1 teaspoon vanilla
- 2 $\frac{1}{2}$ cups plus 1 Tablespoon all-purpose flour, divided
- 1 $\frac{1}{2}$ teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- 1 Tablespoon poppy seed
- $\frac{1}{2}$ teaspoon almond extract
- 1/3 cup chopped maraschino cherries, well drained.
- $\frac{1}{4}$ teaspoon cherry extract
- 2 drops red food coloring
- 3 Tablespoons unsweetened cocoa

Directions: Line a 9X5 inch Loaf pan with wax paper. Set aside.

In large mixing bowl, combine sugar, butter, egg, and vanilla. Beat at medium speed until light and fluffy. Add 2 $\frac{1}{2}$ cups flour, the baking powder and salt. Beat a low speed until soft dough forms.

Divide dough into thirds.

- Stir poppy seed and almond extract into on third. Press poppy seed mixture evenly into the bottom of prepared pan.
- Stir Cherries, remaining 1 Tablespoon flour, the cherry extract and food coloring into the second dough. Press cherry mixture evenly over the poppy seed mixture in the prepared pan.
- Stil cocoa into remaining third dough. Press cocoa mixture evenly over cherry layer. Cover with plastic wrap. Refrigerate overnight.

Heat oven to 350F degrees. Remove dough from pan. Discard wax paper.

Slice dough in half lengthwise. Cut halves cross wise into 1/8-inch slices. Place slices 2 inches apart on ungreased cookie sheets. Bake for 4 to 6 minutes or until set. Cool completely before storing. *Recipe from: Cookies! A Cookie Lover's Collection page 53, Cy DeCosse Incorporated Copyright 1994, Published 1995 by Tormont Publications Inc. Montreal, Canada*

Nutrition Facts

Servings: 36

Amount per serving

Calories **104**

% Daily Value*

Total Fat 5.5g	7%
Saturated Fat 3.3g	17%
Cholesterol 18mg	6%
Sodium 70mg	3%
Total Carbohydrate 13.1g	5%
Dietary Fiber 0.4g	2%
Total Sugars 6.1g	
Protein 1.2g	
Vitamin D 4mcg	20%
Calcium 17mg	1%
Iron 1mg	3%
Potassium 46mg	1%

Chocolate Snowballs

Makes 8 dozen cookies.

2 $\frac{1}{2}$ cup all-purpose flour

$\frac{1}{2}$ cup unsweetened cocoa

2 teaspoons baking powder

Pinch of salt

3 cups sugar, divided

4 eggs

$\frac{1}{2}$ cup vegetable shortening

4 teaspoons, vanilla divided

Granulated sugar

5 to 6 cups flaked coconut

3 or 4 drops red food coloring

3 envelopes unflavored gelatin

$\frac{2}{3}$ cup ice water

1 $\frac{1}{3}$ cup light corn syrup

Directions: In medium bowl, combine flour, cocoa, baking powder, and salt. Set aside.

In large bowl, combine 2 cups sugar, eggs, shortening, and 2 teaspoons vanilla. Beat at medium speed until creamy. Add flour mixture. Beat at low speed until soft dough forms. Cover with plastic wrap and chill 1 to 2 hours or until firm.

Heat oven to 350F degrees. Lightly grease cookie sheets. Set aside.

Shape chilled dough into $\frac{1}{2}$ inch balls. Place balls 2 inches apart on prepared cookie sheets. Flatten balls to 2 inches diameter circles with bottom of drinking glass, dipping glass in granulated sugar to prevent sticking. Bake for 12 to 15 minutes or until set. Cool completely.

Place coconut and food coloring in a one-gallon sealable freezer bag. Shake to coat. Set aside.

In top of double boiler, combine gelatin and ice water. Stir until gelatin is dissolved. Add remaining cup of sugar. In the bottom of the double boiler, bring additional water to a boil. Place top of the double boiler over the boiling water.

Cook gelatin mixture over medium heat until sugar is dissolved, stirring occasionally. Remove from heat.

In large mixing bowl, combine gelatin mixture, corn syrup and remaining 2 teaspoons of vanilla. Beat at high speed of electric mixer for 15 minutes or until topping is light and fluffy. Spoon about 1 tablespoon topping onto back of each cookie. Sprinkle topping with colored coconut. Let dry completely before storing.

These can be made in advance and frozen in an airtight container.

Recipe from: Cookies! A Cookie Lover's Collection page 189 Cy DeCosse Incorporated Copyright 1994, Published 1995 by Tormont Publications Inc. Montreal, Canada

Nutrition Facts

Servings: 72

Amount per serving

Calories

102

% Daily Value*

Total Fat 3.6g	5%
Saturated Fat 2.2g	11%
Cholesterol 9mg	3%
Sodium 10mg	0%
Total Carbohydrate 17.4g	6%
Dietary Fiber 0.8g	3%
Total Sugars 10.4g	
Protein 1.3g	
Vitamin D 1mcg	4%
Calcium 9mg	1%
Iron 1mg	6%
Potassium 51mg	1%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Soft Pretzel Bites

1 c warm water
2 T brown sugar
2 1/2 c all purpose flour
coarse salt

2 1/4 t instant yeast
1 t salt
1/3 c baking soda

Place warm water, yeast, brown sugar, salt and flour in a mixing bowl. Knead for about 5 minutes or until soft and smooth. Place dough in a greased bowl. cover with plastic wrap and let rise until doubled, about 1 hour. Transfer dough to a lightly greased surface. Divide into 6 pieces. Roll each one into approximately 12 inch long ropes. Divide each rope into about 6 2 inch pieces. Preheat oven to 450 degrees. Meanwhile in a large pot, bring water to a boil. Add baking soda. Prepare baking sheets by spraying with vegetable oil or lining with parchment paper. Add pretzel bites to boiling water 10-12 at a time, boil for 30 seconds. Using a slotted spoon, move to prepared sheet pans. Continue boiling in batches until are cooked. Sprinkle lightly with coarse pretzel or kosher salt. Bake in oven for 8-10 minutes until deep golden brown. Cool for a few minutes. Serve immediately or at room temperature.

Gayle Plummer, MFV

Nutrition Facts

Servings: 36

Amount per serving

Calories **34**

% Daily Value*

Total Fat 0.1g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 625mg 27%

Total Carbohydrate 7.2g 3%

Dietary Fiber 0.3g 1%

Total Sugars 0.5g

Protein 1g

Vitamin D 0mcg 0%

Calcium 2mg 0%

Iron 0mg 2%

Potassium 15mg 0%

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Sassy Pretzel Dip

¼ cup low-fat mayonnaise

¼ cup brown mustard

2 Tablespoons light brown sugar

Hard or soft pretzels OR vegetables

1. Wash hands with soap and water. Combine mayonnaise, mustard, and brown sugar.
2. Serve 2 tablespoons of dip to each child with some pretzels or vegetables.
3. Dunk pretzels or veggies in the dip and enjoy!
4. If bringing to a sporting event, make sure pack veggies and dip in a cooler with ice or gel packs.

Makes 5 servings (2 tablespoons each). Each serving contains 63 calories, 2g fat, .2 g saturated fat, 185mg sodium, 12g carbohydrate, 11 g sugar, .5 g fiber, .5 g protein.



For more information check out our Food Fun for Young Children Newsletter at: <https://go.unl.edu/chi>

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Guacamole

3 avocados, halved, seeded and peeled
 1/2 t kosher salt
 1/2 t cayenne
 2 Roma tomatoes, chopped
 1 clove garlic, minced

1 lime, juiced
 1/2 t ground cumin
 1/2 med onion, diced
 1 T chopped cilantro

In a bowl, place avocado pulp and lime juice, toss to coat. Drain and reserve the lime juice after all of the avocados have been coated. Mash the avocados and add the salt, cumin, and cayenne. Fold in the onions, tomatoes, cilantro and garlic. Add 1 T of the reserved lime juice. Let sit at room temperature for 1 hour and then serve.

Gayle Plummer, MFV

Artichoke Dip

3 8 oz. blocks cream cheese
 3/4 c sour cream
 1/2 c grated parmesan cheese

1 1/2 c mayo
 1 1/2 c shredded parmesan cheese
 1 can artichoke hearts, drained

Mix all with mixer and put in baking pan for 35-40 minutes at 375 degrees. Serve with bagets, French bread, crackers.

Gayle Plummer MFV

Nutrition Facts

Servings: 15

Artichoke dip:

Amount per serving

Calories 362

% Daily Value*

Total Fat 30.9g	40%
Saturated Fat 15.8g	79%
Cholesterol 77mg	26%
Sodium 623mg	27%
Total Carbohydrate 8.7g	3%
Dietary Fiber 0.3g	1%
Total Sugars 1.9g	
Protein 10.9g	
Vitamin D 0mcg	0%
Calcium 251mg	19%
Iron 1mg	5%
Potassium 73mg	2%

Nutrition Facts

Guacamole:

Servings: 15

Amount per serving

Calories 89

% Daily Value*

Total Fat 8g	10%
Saturated Fat 1.7g	8%
Cholesterol 0mg	0%
Sodium 236mg	10%
Total Carbohydrate 5.2g	2%
Dietary Fiber 3.2g	11%
Total Sugars 0.9g	
Protein 1g	
Vitamin D 0mcg	0%
Calcium 11mg	1%
Iron 0mg	3%
Potassium 252mg	5%

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