



Roots to Table Shares Tips for Small Charcuterie Boards

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Home goods company Roots to Table recently released an article from The Organic Kitchen about Charcutier titled "What the Heck is Charcuterie? And Why You Need It At Your Next Party!?" This article highlights a recent menu and party trend known as Charcuterie, which is a French word that translates roughly to "delicatessen?". As a culinary term, Charcuterie refers to the preparation of meats, such as bacon, salami, ham, sausage, and more, generally for preservation. A person who does this preparation is known as a Charcutier. According to the article shared by Roots to Table, Charcuterie is among many culinary techniques originally developed out of necessity that has made a comeback in recent years thanks in part to the traditional food movement.

Before refrigeration was a feature of most homes, food stores, and restaurants, meats had to be preserved with what we now see as traditional meat preservation methods, known as Charcuterie. Today, charcuterie is often sold at restaurants as an appetizer, artfully arranged on a board or tray alongside artisan cheese and nuts. Other toppings for a charcuterie board might include fresh or dried fruits, breads and crackers, olives, and spreads like honey, preserves, or jams. The most exciting part of constructing a charcuterie board at home, rather than buying one at a restaurant, is that there are no rules, and people can include whatever

toppings they like and exclude what they don't like when making their own charcuterie board for a party or event. The article, "What the Heck is Charcuterie?" also explains that charcuterie boards are great for holiday parties and other events because they are easy to put together with minimal time and effort.

The author of the article from The Organic Kitchen also talks about her opinion that charcuterie boards could make a great meal if it only came with a salad. Because of this, she came up with a recipe for a salad and a charcuterie board, to make an easy, filling, delicious meal out of the concept of charcuterie. In general, for a charcuterie board, the author suggests using a serving board, such as those sold by Roots to Table on Amazon.com, and a set of pretty cheese knives to assist with serving. They offer a list of ideas for things to put on a charcuterie board, with suggestions from each of the major categories the article suggests: meats, cheeses, fruits and veggies, breads and crackers, honey, spreads, oils, vinegars, nuts and seeds, and greens for garnishes.

A variety of cured and prepared meats can be used on a charcuterie board. The examples suggested by the article "What the Heck is Charcuterie?" include prosciutto, salami, pepperoni, ham, sausage, terrines, galantines, ballotines, pâtés and more. Cheeses are also an essential part of any charcuterie board, and can include a mixture of aged hard cheeses, such as gouda, cheddar, and Manchego, as well as soft creamy cheeses like chevre (goat cheese) and brie. With a variety of meat and cheese options on the charcuterie board, there's sure to be something to fit everyone's taste.

Charcuterie boards can also benefit from the addition of fruits and vegetables. Dried fruits, including mango, apricots, and dates, can pair nicely with cheeses, and sliced raw vegetables, like carrot or celery sticks, are often a hit. Olives and pickles can also bring some delicious salt to the board. Crackers and breads are also a great addition, especially artisan breads and crackers in different textures and flavors. Of course, for people who are watching their carbohydrate intake, or perhaps can't have wheat gluten, which is present in many breads, the breads and crackers are not strictly necessary. They do, however, make a useful vehicle for meat, cheese, and any spreads or dips that might be included on the board. The Organic Kitchen suggests a small dish of honey or even honeycomb, fruit spreads on goat cheese, or plates of olive oil and balsamic vinegar for dipping bread. Nuts and seeds can also make a great addition, and the board can be decorated with sprigs of basil, rosemary or thyme for a nice green accent.

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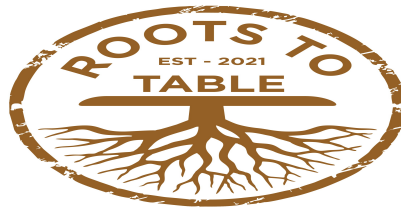
Roots To Table

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