

Tips & Tricks for Curating a Kick*** Charcuterie Board

by chef Lauren Mozer of elle cuisine

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"A charcuterie board is a spread of cured meats and cheeses, usually accompanied by a variety of crackers, breads, fruits, nuts, and jams. It's quite simple really, but the construction and design of the board can seem intimidating and complex. I have to admit, there is an "art & craft" to charcuterie board assembly."

- Chef Lauren Mozer

THE BASE

What do you want to serve your masterpiece on? It can be a reflection of your mood, of the holiday/celebration, or time of year!

20 *The Atelier*
BEYOND 20

+


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THE CHEESE

- variety of textures and flavours
- fresh, young, aged, ripened
- soft & hard cheeses
- with rind, without rind
- ash-coated caws
- milk, sheep's milk, goat's milk
- strong & mild

*think about colour – best to get cheeses that have contrast to one another! This will ensure that guests don't confuse them, but will have visual impact and catch they eye.

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THE MEAT

- variety of textures and flavours
- hot or spiced vs mild simple cure
- farce/sausage vs cured whole muscle
- soft & buttery vs dry & "toothy"
- think about variety of animal protein: poultry, beef, venison, pork, etc.
- whole muscle meats (bresaola or prosciutto) tend to be more delicate.
- cured sausages such as salami or saucisson are firm in contrast



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ACCOUTREMENTS

FRUITS: berries, figs, grapes, pomegranates.

CRACKERS & BREADS: fresh baguette, focaccia, sourdough. An assortment of crackers: gluten-free & seedy, flatbread style lavash, nuts and dried fruits.

OLIVES & PICKLES: Sicilian green olives, dried kalamata olives, Alfonso olives. Pickled peppers, eggplant, antipasto.

CONDIMENTS: mustard, honey, jams.

GARNISH

I like to have micro greens and edible flowers on hand when I build my boards, but these items are pretty “cheffy”.

If those specialty items aren’t readily available in your area, there are tons of other ways to jazz up your presentation. Go to your nearest floral shop or buy a bouquet at the grocery store.

For the holidays, I love to include things like pine, tangerines, and cranberries.



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how to assemble

BIGGER FIRST: start with the BIG ingredients first. Once they are in place, lay the other elements around them.

BOWLS AND RAMEKINS: with so many ingredients, it's important to be organized. Bowls, ramekins, or mini mason jars are a great way to organize things like jams, nuts, mustard, olives, or soft cheeses like Burrata or bocconcini.

CONTRAST IN COLOUR & TEXTURE: be sure to NOT place items of similar colour next to one another. Instead, create as much contrast as possible for head-turning visual impact.

- To create texture, cut your cheese in different shapes and sizes so that each type
- looks unique and stands out.
- To create texture with cured meats, make ribbons and roses out of them.
- Create a domino effect by fanning out the crackers and sliced breads.