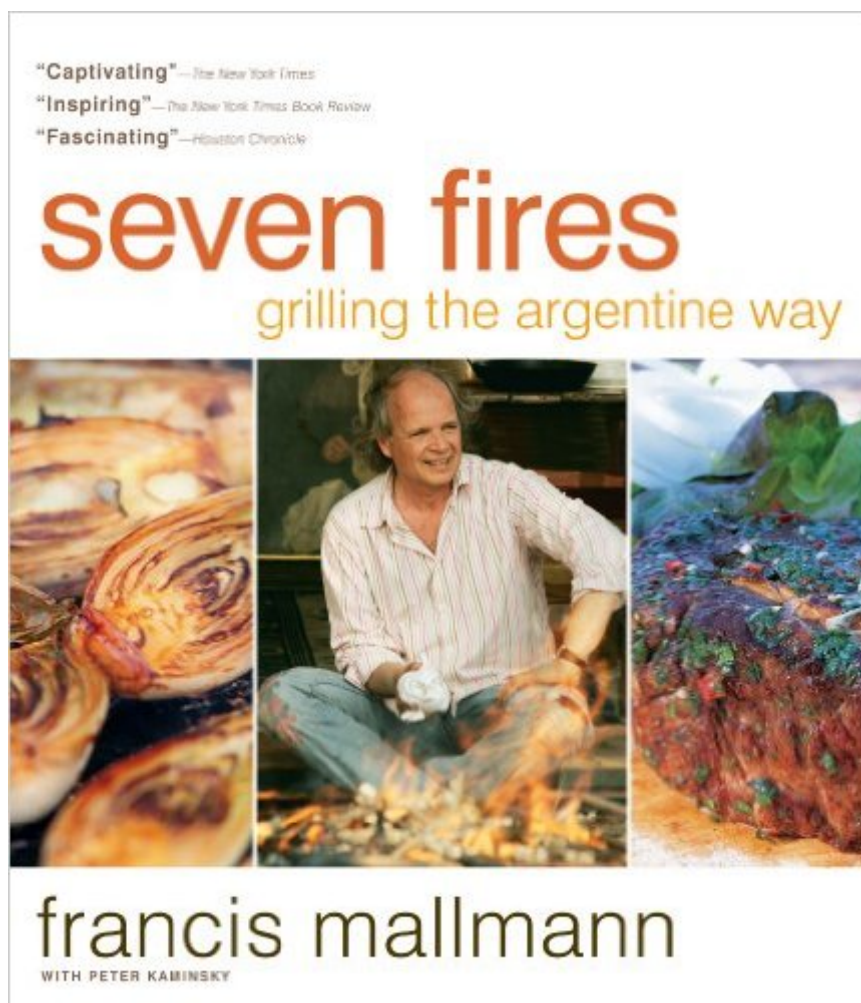


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Seven Fires: Grilling The Argentine Way



Synopsis

A trailblazing chef reinvents the art of cooking over fire. Gloriously inspired recipes push the boundaries of live-fired cuisine in this primal yet sophisticated cookbook introducing the incendiary dishes of South America's biggest culinary star. Chef Francis Mallmann •born in Patagonia and trained in France's top restaurants• abandoned the fussy fine dining scene for the more elemental experience of cooking with fire. But his fans followed, including the world's top food journalists and celebrities, such as Francis Ford Coppola, Madonna, and Ralph Lauren, traveling to Argentina and Uruguay to experience the dashing chef's astonishing• and delicious• wood-fired feats. The seven fires of the title refer to a series of grilling techniques that have been singularly adapted for the home cook. So you can cook Signature Mallmann dishes• like Whole Boneless Ribeye with Chimichuri; Salt-Crusted Striped Bass; Whole Roasted Andean Pumpkin with Mint and Goat Cheese Salad; and desserts such as Dulce de Leche Pancakes• indoors or out in any season. Evocative photographs showcase both the recipes and the exquisite beauty of Mallmann's home turf in Patagonia, Buenos Aires, and rural Uruguay. Seven Fires is a must for any griller ready to explore food's next frontier.

Book Information

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Customer Reviews

Before I describe this book, there is something you need to know about me. I am not your usual "grill guy". To the contrary, while I have grilled my entire adult life, it was a technique that I never took too seriously. I'm an excellent all around cook, so the grill was just another one of the tools in my arsenal. However, my real passion is traditional, hardwood smoked barbecue - something that you really can't buy at a restaurant or make on a grill. It is a unique blend of art and science that is

slowly being replaced by gas fired cookers that sort of flavor the meat with wood smoke rather than cooking the meat with it. If you have had the real thing, then you know the difference. Words alone will not describe it. Because of this, the grill to me was only another tool based on inferior fuel sources. Gas versus charcoal? Who cares, there is nothing that special about the taste of either. They both allow you to keep your kitchen cool, be outside and get grill marks on your food. Sorry, I don't feel the magic. This was my stance until a week or so ago when I caught an article in the New York Times about grilling with wood. The article really brought the whole problem I had with grilling into focus - grilling with gas or charcoal doesn't really add that much desirable flavor. But grilling with wood that is something I could work with. In the article, they made brief mention of Francis Mallmann's new book *Seven Fires - Grilling the Argentine Way*. They baited me just enough to know that I had to have it because Memorial day was close at hand and offered the opportunity for some experimentation with wood grilling. I have collected cookbooks for years, which includes a large section dedicated solely to (real) BBQ and grilling.

"Seven Fires" has to be the best Argentine cookbook available in the English language. For one thing, it's written by a native Argentine, Francis Mallmann, who also happens to be one of the world's greatest chefs. Mallmann has three restaurants of his own, two in Argentina and one in Uruguay. "The Times of London" and "USA Today" have called his restaurants among the ten best places to eat in the world. More than just a simple cookbook, the first ten pages of "Seven Fires" include brief chapters about Mallmann's background growing up in the beautiful Patagonian lake district of Bariloche, and some general material about Argentina. There is extensive and detailed information to get you off to the right start, including a chapter on "The Ways of Fire", including how to build and light a fire, the life cycle of a fire, how hot is "hot", and things you should be aware of whether dealing with wood or charcoal. Space is given to the parrilla, which is the grill itself (yours may be a hibachi or a Weber kettle, but principles are the same); the chapa, a flat piece of cast iron set over the coals; the infiernillo technique that involves two fires and which the author poetically refers to as "a little hell"; the horno de barro (outdoor oven); the rescoldo, which is cooking in the embers, and the asador method of cooking whole animals. Separate chapters deal with making Appetizers; Beef; Lamb, Pork & Chicken, Fish & Shellfish, Vegetables, Light Meals & Salads, Deserts, Breads, and Basics (things like sauces and tapenades). There is plenty of variety among the recipes. Sure, the author addresses cooking an entire cow - which the average reader probably won't be doing at home - but don't worry he also talks about making the perfect steak, and many other recipes for beef.

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