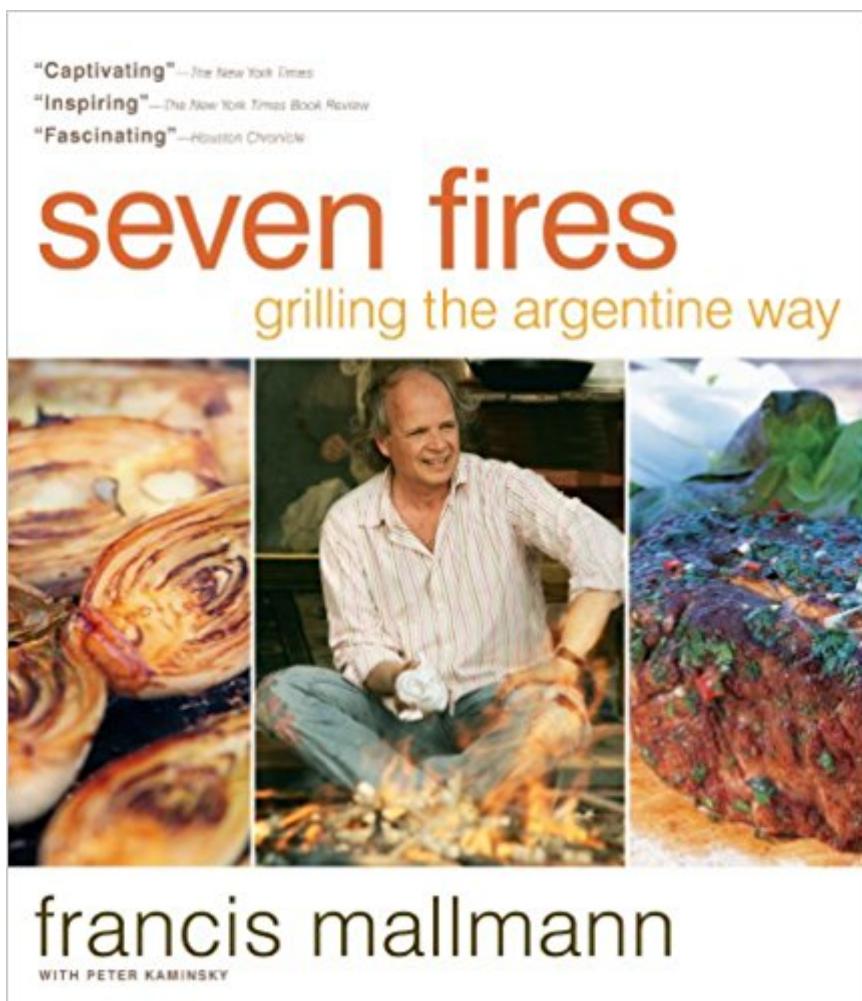


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Seven Fires: Grilling The Argentine Way



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

"Most of what's in this captivating book about cooking over wood is as straightforward as it is appealing."-The New York Times (The New York Times)"Glorious...You could amuse yourself all summer long exploring Mallmann's methods. His cooking is utterly unpretentious."-Fine Cooking (The New York Times Book Review) "[Mallmann] cooks with the elegant purity achieved only after attaining a mastery of complicated food." (Publishers Weekly)"Mallmann cooks with the elegant

purity achieved only after attaining a mastery of complicated food. I craved Mallmann's burnt flavors, from caramelized oranges with rosemary to flattened sweet potatoes charred in butter. Bobby Flay, be very afraid." •Christine Muhlke (Epicurious.com)"[Mallmann] reconnects us to the primal simplicity and visceral pleasure of cooking over a fire." "Argentinean chef Francis Mallmann presents a gorgeous volume detailing seven approaches to grilling. What will keep cooks coming back, however, are rustic dishes like burnt tomatoes with fennel and mustard vinaigrette; pork chops with honey gremolata; and boneless ribeye with chimichurri. Augmented with plenty of smoky photos, the only thing readers will lack is the smell of charcoal." *STARRED REVIEW "Seven Fires is, in its essence, a love letter to Argentina's obsession with fire and food."

From first spark to leaping flame to last dying ember, grilling has a new frontier and Francis Mallmann is its trailblazer. He offers more than one hundred recipes, ranging from griddled mussels to a whole salmon that's salt-roasted to juicy perfection, from beautifully burnt tomatoes to crunchy smashed potatoes and lusciously charred oranges, from a butterflied leg of lamb that cooks in just minutes to if you can imagine a whole cow that roasts for fourteen hours! He also shares the secret to perfect steak every single time. Born in Patagonia, Mallmann grew up in the Andes, in a house where everything from the heating to the hot water to the kitchen stove was sustained by ever-burning fires. As a true prodigy, he trained in the greatest French kitchens and went on to become South America's most venerated chef. But at age forty he had an epiphany. He was, in his words, "tired of making fancy French food for wealthy customers in Buenos Aires." In an audacious move, he abandoned the fussy fine-dining scene to return to his roots and the language he describes in his mother tongue: fire. Mallmann calls his techniques the Seven Fires and all are represented in this book, with some extras thrown in for good measure. In glorious photographs, Mallmann illustrates technique after technique, from "parrilla" which is cooking on a grill to his boldest method, "asador," in which a butterflied spring lamb or pig is fastened to an iron cross, where it cooks for hours in the glow of live coals. A TV star in South America, Mallmann is a showman who adores cooking for a crowd he's served presidents, princes, and celebrities as diverse as Madonna and Francis Ford Coppola. "Seven Fires" is filled with food that anyone can prepare with little equipment beyond a heat source whether it's wood, charcoal, or gas fire. Signature dishes include Smashed Patagonian Lamb with Lemon Confit and Herbs; Salt-Baked Striped Bass; Boneless Pork Chops with Honey Gremolata; and Whole Andean Pumpkin Salad with Mint, Arugula, and Goat Cheese as well as a surefire recipe for the perfect steak. And because we can't always cook outdoors year-round, indoor variations are given for nearly all the recipes. With

evocative photos that showcase Mallmann's food and the exquisite beauty of his home turf, "Seven Fires" will thrill grillers ready to explore the magic of fire, fine food's next frontier."

During family camping trips we adore the campfire. My kids wanted me to cook our meals over the campfire, but inevitably I would ruin many of the things I would try to cook not knowing how to control the heat. I happened upon Seven Fires looking for a wood fire cookbook to remedy that. I had never seen a book so enthusiastically reviewed that I knew I had to get it. The reviews are true, it is an amazing book. It is so inspiring and exciting that we have started to build a backyard asado area. I have a makeshift parrilla and chapa already and plan to build a cob oven. The pictures in the book are beautiful and really spark ideas of how you can make your own yard a great place for entertaining your family and friends. There is a simplicity to the recipes that I really love. For example the Burnt Oranges with Rosemary was very simple, yet so complex and gourmet tasting my family loved and devoured them. The Burnt tomatoes are simple and delicious as well. I tried some onions and peppers cooked resoldo (cooked in embers and ashes) and they were full of flavors so much more than if I had cooked them any other way. I learned to butterfly a chicken to cook on the parrilla for Chicken Chimehuin. I have to admit it looked pretty magnificent cooking on the grill and everyone was very impressed at its presentation and it tasted great. The lemon confit took it over the top. I can see that there will be lots of fun to be had experimenting and learning from this book.

I LOVE this recipe book. In fact it was bought as a gift for my friend in Argentina and I loved it so much I brought another for my son in California who loves to grill. Mallman uses good fresh food everyone should have in their kitchens. The recipes are simple and clear. I love to eat good healthy food and this book even travels with me. It is for omnivores, there is a lot of meat cooked in Argentina. And the desserts are just divine. I Love it. cecilia

Yes, the pictures and description of cooking "Una Vaca Entera" (a whole cow) are awesome. (Ingredients: 1 medium cow, about 1400 pounds...). But you won't do that - a small asador of rabbit or lamb is more likely. Chimichurri with a small roast has been a big hit. Potato Galette has been a HUGE hit. When your book includes a recipe for "Burnt Tomato Halves", it better be good, and it is (high heat is the key). Smashed Potatoes with Tapenade - mmm, gimme more. The Salt Crust Chicken was good but didn't knock me out - as he states, it won't be crispy on the outside. I still prefer to brine and roast my birds. On page 224 with the images of the Granny Smith Pancakes, that

looks a lot more like a spackling knife than a spatula - another testament to the unpretentious approach. Some recipes are a bit complicated, but most aren't, and there are plenty of simple ones to choose from. Speaking of Patagonia, it's beautiful. If you ever get the chance, go, but be prepared for high wind, rain, cold, some warm temperatures, and beautiful scenery (mountains, clouds, forests, glaciers, glacial lakes...). Get out and hike. I need to try some of the fish recipes, and I'm looking forward to the Peached Pork...2015 update - tying off a fish, chicken, rabbit, or lamb to some stakes and cooking it over coals isn't easy due to the uneven heat, but it's worth trying. But just sitting outside for a few hours and cooking your own food without a phone, radio, or any other distraction is a great way to lower your blood pressure. Take your time. Simplify. I still haven't made the Peached Pork, but I have made the peaches as a dessert several times, and they're always a hit. Simple to make, too. Cast iron skillet, medium high heat, butter, and ripe peaches. **THE PEACHES MUST BE RIPE!!!** If not they won't taste good in general, and won't have as much sugar to caramelize with the butter and heat.

We discovered Francis Mallmann on a recent trip to Argentina. We ate at his restaurant in Mendoza and had an excellent experience. My husband loves cooking over a hardwood fire. Having eaten some of the items in the cookbook, we are now working our way through the recipes. There is enough details to really pull together a lovely feast. My husband is using it this weekend to cook a whole lamb asado for 50 people. If you love Argentinian food, cooking over wood, or just love being inspired by simple yet elegant cooking whether you do it outdoors or not this book is for you!

Bought for my son to go with the little Argentinian grill I got him. Went through it and almost kept for myself, but I have no open fire grill. Going to go to his house to eat.

It's a decent book, it was more about recipes than technique maybe that's how all books of this type are. I was looking to have better techniques for camping cooking. I feel it did do that to a degree. Most the recipes are not really the types of food I like so for some it may be a wonderful book depending on what you like.

My favorite cookbook. It's not about the recipes, it's about the experience. Patagonia. Entire goat roasted in open air on a winter day. Fish cooked in clay retrieved from the sides of a river. All I need now is a fire pit the size of a small boat and a whole army of gorgeous sous-chefs. A girl can dream.

This book is an unbelievable revelation for anyone who has ever wanted to learn to really cook over a fire. I have dozens (several dozens) of grilling, BBQ, and open fire cookbooks. Get this one and don't worry about any others. If you can make half of the amazing feasts that Francis Mallmann describes in Seven Fires, you will be the envy of everyone you ever cook for. And, every amazing dish, style, and means of open fire cooking detailed in this book is 100% learnable. The instruction is straight forward, complete, and not just easy to understand, but fun to understand. This is a real fire cookbook like no other. Its a masterpiece.

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