

ARGENTINA

THE ASADO EXPERIENCE

FIRE

Light the wood or charcoal. It is important to have an abundant fire, the charcoal must be well-lit. When you put the charcoal under the grill, the heat shouldn't be too hot that you burn the surface. Put your hand over the grill. It should feel hot but not burn in the first 10 seconds.

MEAT

To make an excellent wine, you need excellent grapes. The same happens with Asado, you need excellent quality of meat. It is important to have the meat at room temperature.

SALT

Comes down to personal preference. There are a couple of theories in regard to salt. Some say you shouldn't salt the meat before it goes on the grill because it will start to dehydrate the meat, others believe salting the meat beforehand is key.

COOKING

The secret is patience and pay attention to the little details. Depending on the type of meat is how you will handle the heat and time. Some prefer to sear the meat with a lot of heat on both sides and then cook slowly, but I prefer to cook slowly from the beginning. If more crunch on the surface is necessary, heat up at the end. When grilling with bone in meat, begin grilling on the bone side. Never pick or cut the meat, you will lose moisture and juice. Use tweezers.

MORE THAN MEAT

Other frequent friends of meat on the grill are:

Provoleta Cheese - the secret is to leave it in the refrigerator for 24 to 48 hours prior without wrapper to dry the surface and prevent it from falling down into the grill. I like to put tomatoes and onions on top at the end.

Red or Green Pepper with Egg - Cut in half and cook for a few minutes face down, then flip over and put an egg inside and cook slowly.

Potatoes and/or Sweet Potatoes - Wrap in tinfoil and place over the charcoal.
Sweet Bread

SAUCE

Once the meat has been cooked, add a traditional Chimichurri Sauce or Salsa Criolla. Do not add until meat is done. Only salt occasionally and add garlic and other spices into the brine. Like great wines, we don't want to hide the flavor of the meat with too many spices.

WINE

A full-bodied Malbec or a Cabernet Sauvignon is the ideal partner of any asado.

