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Cooking Over Fire

Fanning the Flames: A Culinary Journey into the Art of Fire Cooking



Introduction

- Basics of Cooking over Fire
- Tools and Equipment
- Direct vs Indirect
- Techniques and Cooking Methods
- Tips and Tricks
- Safety Considerations
- Conclusion
- Q&A Session

Who Am I?

- Chef & owner of The Farmers Dinner, From The Field Catering & Aatma Restaurant
- Author of 5 books
- Studied food from the Indian subcontinent for 16 years



A blue kettle and a black pan are placed on a metal grate over a fire pit. The fire pit contains burning logs and glowing embers. The background is a blurred outdoor setting.

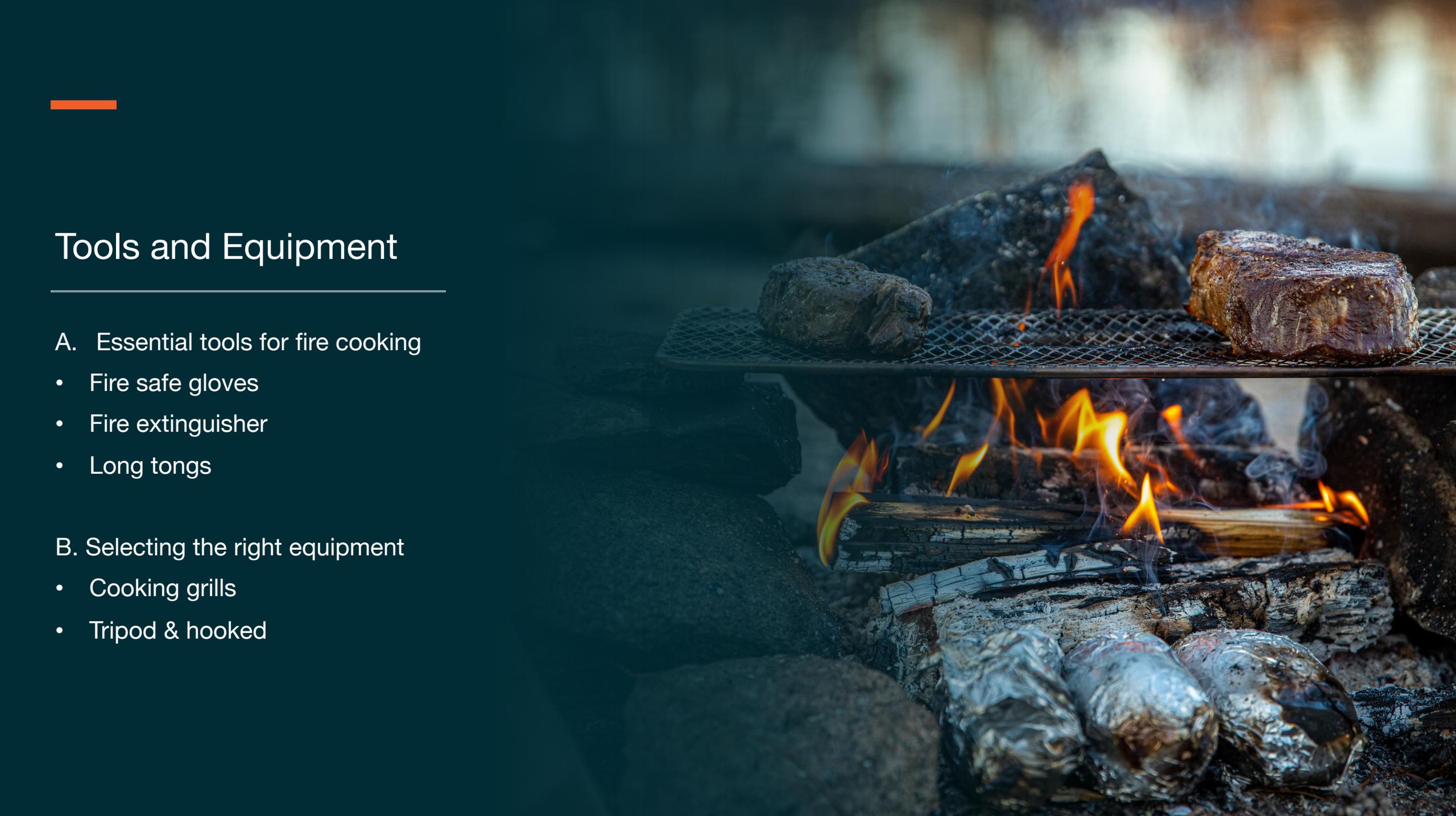
Basics of Cooking Over Fire

History and cultural significance

From ancient tribes to modern kitchens, cooking over fire is a primal art, shaping human history through sizzling evolution and aromatic traditions.

Types of fires and heat management

Effective heat management in cooking involves understanding types of fires. Direct flames sear quickly, indirect flames allow slow roasting, and controlled embers are ideal for delicate grilling. Chefs use this knowledge to achieve precise temperatures, ensuring optimal flavor extraction and cooking efficiency.



Tools and Equipment

A. Essential tools for fire cooking

- Fire safe gloves
- Fire extinguisher
- Long tongs

B. Selecting the right equipment

- Cooking grills
- Tripod & hooked



Direct Vs. Indirect

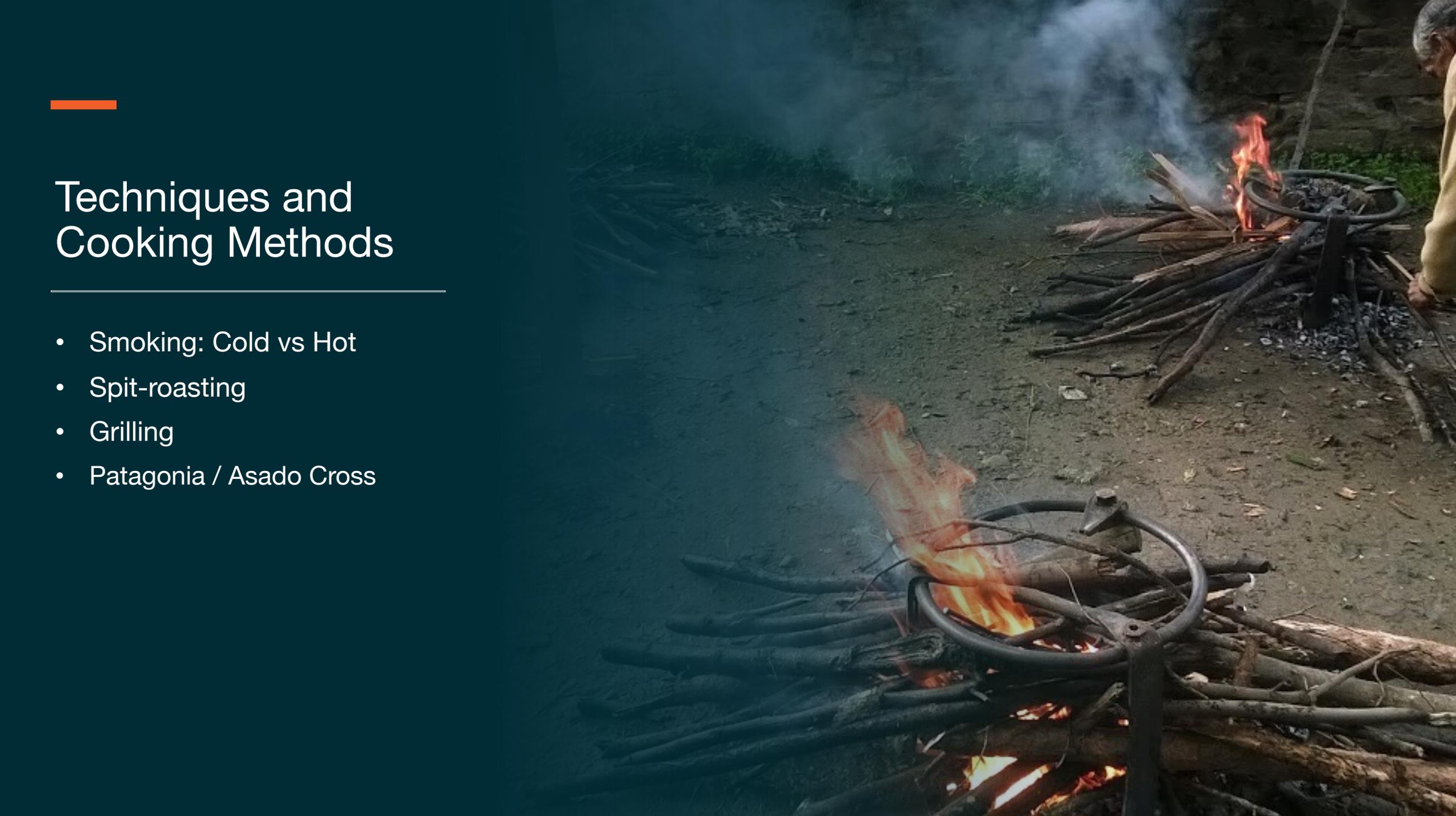
Direct flame

- Ribeye
- Filet
- Flank
- Brassicas (broccoli, cauliflower)

Indirect flame

- Potatoes
- Squashes



A photograph of a person in a yellow jacket tending to a large outdoor fire pit. The fire pit is constructed from a large pile of sticks and branches. In the foreground, there is a metal grill structure with a fire burning inside it. The scene is set outdoors on a dirt ground, and the background shows a stone wall and some greenery. The overall lighting is dim, suggesting dusk or dawn.

Techniques and Cooking Methods

- Smoking: Cold vs Hot
- Spit-roasting
- Grilling
- Patagonia / Asado Cross

Tips and Tricks & Safety Considerations

- Temperature and flare-up management
- Timing and doneness indicators
- Importance of fire safety
- Handling hot surfaces and tools



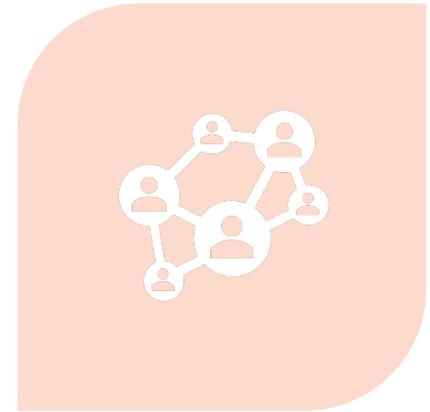
Conclusion



INDIRECT VS
DIRECT FLAME



SAFETY



TOOLS &
TECHNIQUES



Q&A Session

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