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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
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# 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







# Basics of Cooking Over Fire

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## 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

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### 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

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### Direct flame

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

### Indirect flame

- Potatoes
- Squashes







# Techniques and Cooking Methods

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







## Tips and Tricks & Safety Considerations

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



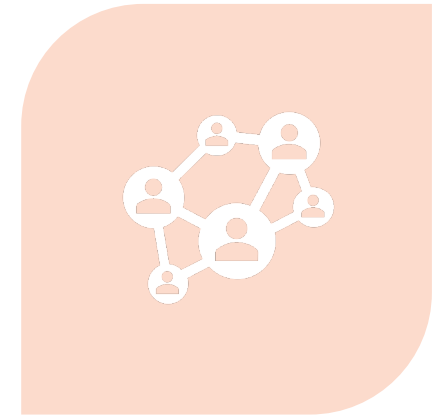
# Conclusion



INDIRECT VS  
DIRECT FLAME



SAFETY



TOOLS &  
TECHNIQUES



A chef with a beard and a backward cap is smiling in a kitchen. He is wearing a dark shirt and a light-colored apron. The background is filled with various food items: a large burger on the left, a bowl of green chutney on the right, and a tray of round fried items in the bottom left. The entire image has a teal overlay.

# Q&A Session

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