

*Free!*

# CHURRASCO

*Magazine*  
**BY FORGED**

WHAT IS CHURRASCO?  
EVERYTHING YOU NEED FOR A PERFECT  
CHURRASCO EXPERIENCE

.....  
**THE BEST SKEWER RECIPES:**

- ★ THE CLASSIC PICANHA:  
THE SHOWPIECE AMONGST  
CHURRASCO DISHES
- ★ FLAMED QUAIL
- ★ DATES WITH BACON AND GORGONZOLA

.....  
**SIZZLING FLAVOURS: FLAMBADOU**



**FORGED**



# What to expect...

## SUMMARY

- 4. The age old tradition Churrasco
- 6. Churrasco: a phenomenon that is happily embraced by the rest of the world
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CHURRASCO

Magazine



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15.





THE AGE OLD TRADITION

# CHURRASCO

A PHENOMENON THAT IS HAPPILY EMBRACED  
BY THE REST OF THE WORLD

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*As a BBQ lover, Churrasco surely has not escaped your attention. Churrasco is the Portuguese and Spanish name for grilling meat on a skewer over an open fire. It is an ancient tradition in South America, but also the Sami from Lapland and the Csikós, the horse-riding shepherds from the Hungarian puszás, love to grill their meat over an open fire. And that tradition is still very much alive.*

The families of the gauchos still get together by an open fire to enjoy barbecued beef they call "churrasco". They build a large fire and grill meat on long skewers over the hot coals. The gauchos turn the skewers regularly and when the meat is nicely done on the outside, they take a skewer and cut off the outside of the meat. The skewer with the remaining meat is then grilled further.

## History

While the gauchos have been grilling their beef over open fires for hundreds of years, the concept became really popular when, around 1900, an enterprising gaucho had the idea to open the first "churrascaria" in southern Brazil. Churrasco grew in popularity in no time and churrascarias sprung up like mushrooms.

This popularity also had to do with its all-you-can-eat principle. In a churrascaria, waiters walk around with huge skewers non-stop and on request they cut off the outside of large pieces of meat, right before your eyes, at your table. Just like kebab, but from nice pieces of picanha, pork sausage or lamb. The customers have a card with a green and a red side. With the green side, you let the waiter know you're ready for more and with the red side the waiter knows that he does not have to fill your plate immediately.

## Churrasco worldwide

Meanwhile, you can find churrascarias all over the world, where you can experience churrasco in an authentic way. It is a very fun night out with many different types of dishes. And it gives you plenty of inspiration to get started with Churrasco at home.

## Churrasco in your own backyard

Churrasco also makes for a great BBQ evening at home. The big advantage: while those big skewers hang above the hot coals, you have plenty of time to have a drink with your guests. Turn the skewers regularly and when the meat is nicely done on the outside, take a skewer and cut off the outside of the meat. Do you want to serve the food in an extra spectacular way? Cut the meat - just like in a churrascaria - in between your guests at the table, with a skewer upright in the serving pan. With the tongs everyone can then grab the piece they feel like eating themselves. And while you enjoy your meal with your guests, you let the remaining meat hang over the grill some more.

By the way, it does not matter which BBQ you use. Electric, gas or charcoal, a green, red or black egg, a steel ball from the U.S. or a German one with a stitch on it, a robust smoker or an industrial oil drum BBQ - the skewers of Churrasco fit them all. Place the part with the meat, fish or vegetables above your grill, let the handles stick out and grill away. An atmospheric and tasty evening guaranteed!

## Fun fact

The more expensive picanha is often only served as one of the last cuts of meat. So make sure you don't get full too quickly and leave some hunger for the ultimate showpiece of the Churrasco!

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**In Short:**  
Churrasco is  
successful  
worldwide and  
we can only  
be happy about  
that.



A PHENOMENON THAT IS HAPPILY EMBRACED  
BY THE REST OF THE WORLD

# THE CHURRASCO EXPERIENCE



## The Churrasco must-have

The Churrasco serving pan is definitely not to be missed on your Churrasco night! When the dish is ready, put the skewer upright in the pan. This way you can easily cut and serve the meat. By doing this at the table, you will make an extra impression on your guests!

Juices and meat residue are nicely collected.

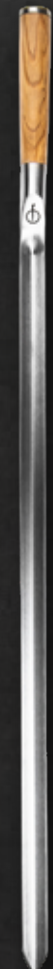


SERVER  
articlecode:  
OIServer

6

## Razorsharp and V-shaped

Make it easier on yourself by making Churrasco recipes with these V-skewers. The handle of the skewers is made of olive wood, so it won't get hot. All V-skewers are sharpened so you can thread the ingredients onto the skewer with ease. And because of the V-shape, everything stays neatly in place. Ideal! Available in 3 different lengths. The skewers are suitable for open fire and all BBQs.



50 CM



60 CM



70 CM

### OLIVE V-SHAPE SKEWER

articlecode:  
OLSkewV50  
OLSkewV60  
OLSkewV70



50 CM



60 CM



70 CM

### OLIVE FORK SKEWER

articlecode:  
OLSkewF50  
OLSkewF60  
OLSkewF70

## Grab it!

Churrasco is not only about fun and good food, but also about the experience. When serving the food, give your guests their own stainless steel tongs so they can grab it themselves. This way you involve them in the unique Churrasco experience. The tongs are available in a set of four.



4 TONGS  
articlecode:  
Chur4Tongs

7

The Churrasco skewers can be used on open fire and every BBQ out there!

## Big fun, small effort

Do you have large prawns or chicken on the menu? Then use the fork skewers! These are ideal for dishes that are a little tricky to hold on a V skewer. The fork skewers have a solid tip and are stable on your grill. Available in 50, 60 and 70 cm. Enough space for all your delicacies!



# THERE IS GRILLING AND THEN THERE IS CHURRASCO

**A** South American churrasco night is different from a traditional BBQ. Besides the warmth and coziness of the fire, the impressively large skewers full of meat, fish or vegetables and the most delicious dishes, the warmth of good company and the great conversations that take place during the meal also play a major role. Guests do not only enjoy a delicious meal, but also a special evening where the spectacular serving of the dishes takes place at

the table, making it much more than "a nice dinner". As a result, a good churrasco evening, just like with the gauchos, should also last into the late hours. The evening starts early, when everyone gathers around a warm open fire, has a nice drink and helps with the preparations. The meat plays the main role during a churrasco, but all parts of the meal shine during a churrasco, so an extra effort is made to make and serve the best products of the highest

quality. The fire is built with care so it holds a nice temperature, and the glowing ash and coals created in it warm everyone and cook the dishes at the right pace. And while the skewers are being cooked over the fire, surprise your guests with a complementary cocktail. For example, a Caipirinha, made with Brazilian cachaca rum, lime and cane sugar. But also an Aguardiente, an anise-flavored rum-based drink, or a Pisco Sour, by far the most popular South American drink consisting of Pisco, lemon juice and a little syrup, are perfect for a churrasco evening.



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## Winter or summer

A churrasco evening, unlike a traditional barbecue, is suitable for any time of year. The fire that plays the leading role during this day or evening always provides sociability and connection, as well as good conversations and, even on cold days, warmth. In the summer, the flames provide warmth in the late hours when you sit around it in your shorts or summer dress while sipping a delicious cocktail. On cold days, you crawl on the sheepskin sofa, snuggled up to each other, close to the fire or gather around it. But also an Aguardiente, an anise-flavored rum-based drink, or a Pisco Sour, by far the most popular South American drink consisting of Pisco, lemon juice and a little syrup, are perfect for a churrasco evening.

## Suitable for all BBQ's

Churrasco is suitable for all types of barbecues! Despite the fact that it has the coolest effect on an open fire, it is also definitely worthwhile if you have any other kind of BBQ.

SCAN THE QR CODE AND EXPERIENCE THE CHURRASCO FEELING!





# ONE KNIFE KEEPS ANOTHER IN ITS SHEATH

MAKE YOUR CHURRASCO EVENING COMPLETE  
WITH THE KNIVES FROM THE FORGED OLIVE SERIES

In the kitchen, good knives are indispensable! In addition to Churrasco, Forged has an extensive range of kitchen knives. See a number of products from the collection on the right. Curious about the entire Forged collection? Go to [www.forgedoriginal.com](http://www.forgedoriginal.com).



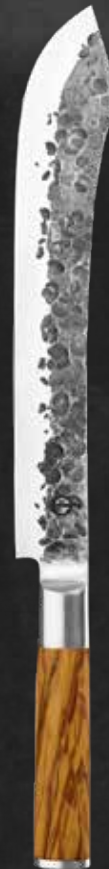
FORGED OLIVE  
UTILITY KNIFE  
articlecode:  
OliveUni



FORGED OLIVE  
CARVING KNIFE  
articlecode:  
OliveVlees



FORGED OLIVE  
CHEF'S KNIFE  
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FORGED OLIVE  
BUTCHER KNIFE  
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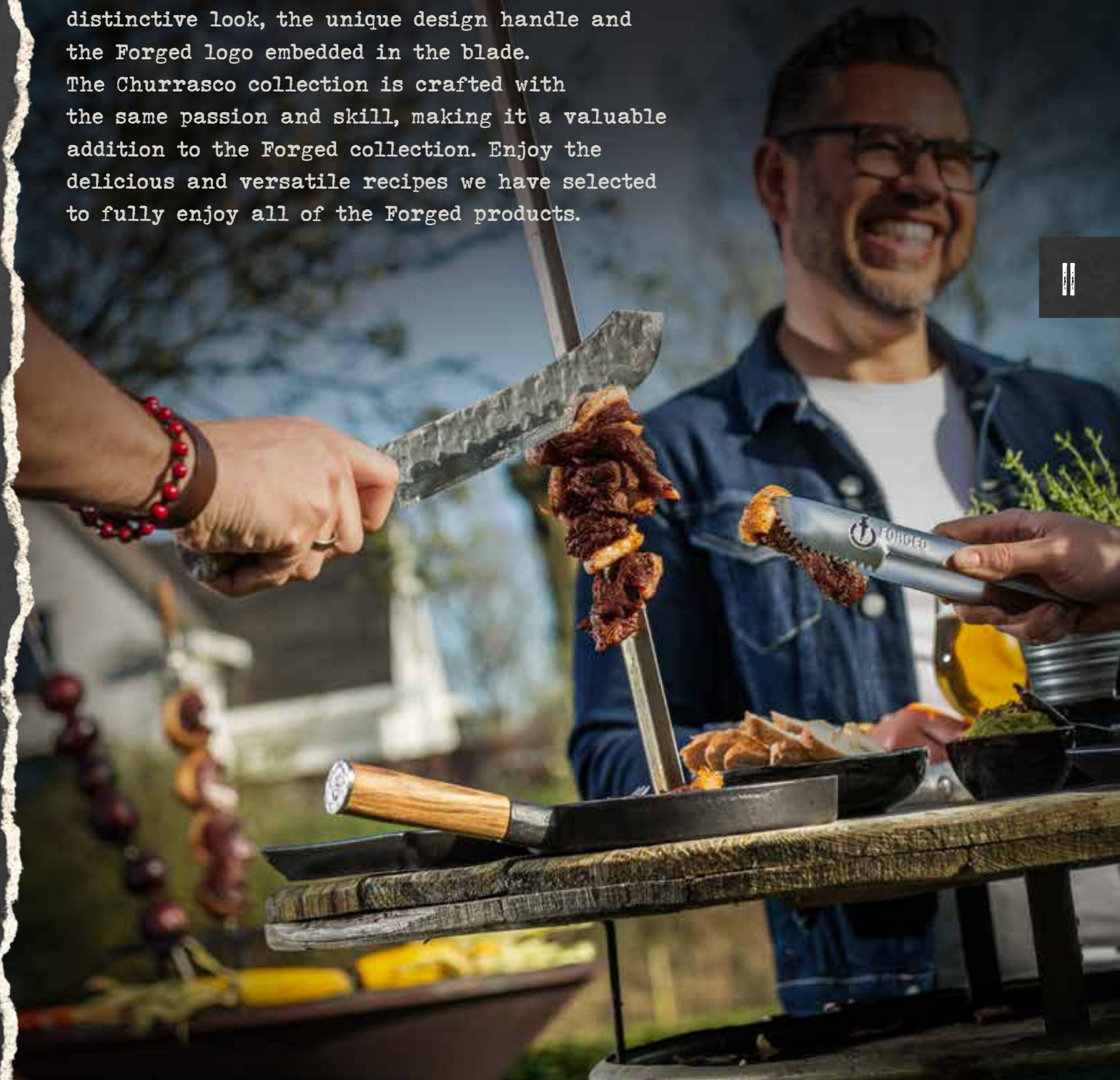


STYLE DE VIE  
CUTTING BOARD NATURE  
articlecode:  
SnijNatAcaM  
SnijNatAcaL

A good cutting board is essential. The robust cutting boards by Style de Vie feature a deep juice gutter and are made of acacia wood. Available in two sizes.

# CHURRASCO RECIPES

Whereas the gauchos traditionally focused by necessity on grilling meat, they were, after all, keepers of cattle, much has changed around their fires over the past 100 years. Seasonal products nowadays are no longer tied to the seasons, but are available all year round. And world cuisine and sustainability has also transformed our meals considerably over the past few years. A good piece of meat is still an essential part of a real Churrasco evening, but this concept also includes fantastic fish and vegetable dishes. Passion for good food and the heat of the fire are the two main ingredients for a successful evening. Elements that also underlie the creation of Forged, maker of the now famous knives, each with their own distinctive look, the unique design handle and the Forged logo embedded in the blade. The Churrasco collection is crafted with the same passion and skill, making it a valuable addition to the Forged collection. Enjoy the delicious and versatile recipes we have selected to fully enjoy all of the Forged products.





*Picanha the classic way: the showpiece among the Churrasco dishes. The preparation of this uncrowned king of steaks is easy and therefore definitely worthwhile!*

## PREPARATION

**1** Pad the meat dry with a paper towel or tea towel. Lay the meat down with the fat side up. Using a sharp knife, cut the fat layer to 6 to 13 mm (0.25 to 0.5") thickness. Trim off the remaining fat. Turn the meat and remove the visible silver skin layer. Tip: see the next page for clear cutting instructions.

**2** Turn the meat back over and cut the picanha in half. For the first half of the picanha, remove the corners so you can make two rectangles out of it. One piece will be a bit longer, which is fine. Repeat this for the remaining piece of picanha. You now have four rectangular pieces of meat, which we will use for this recipe. The remaining ten pieces can be used for the garlic picanha recipe on page 27.

**3** Rub the pieces of picanha with salt. Take the biggest piece and fold it into a C-shape. Then slide it over the skewer. Repeat this for the other pieces, and make sure to go from large to small; so you will end with the smallest piece of meat. This is because the smallest piece will be slightly more cooked. This allows people to choose how well done they prefer their meat. Also, the smallest piece will hold the rest of the meat in place if the skewer is vertical while the meat is being cut.

**4** Place the skewer on the grill over hot charcoal. Make sure to hang the meat about 25 cm (10 inch) above the grill. Turn the skewer every minute. When the perfect temperature is reached after a few minutes, the fat layer will start to bubble and melt away. The meat will now get a beautiful golden-brown color. The gauchos, of course, did not have a meat thermometer. Their rule of thumb was: "As soon as the layer of fat is golden-brown, it is ready". Remove the meat from the BBQ and serve it at the table by cutting off slices of meat on the sides. If there is still meat left, you can place the skewer back on the BBQ if desired, and repeat the steps.

## INGREDIENTS

- ★ 1 picanha of 1.5 kg
- ★ 4 tbsp salt flakes

# PICANHA

**Tip:**  
See the next page for clear cutting instructions

Preparation time  
15 minutes



# HOW TO CUT A PICANHA?

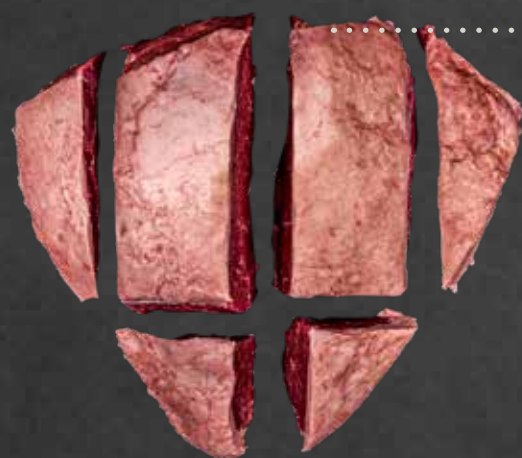


LAY THE MEAT DOWN WITH THE FAT SIDE UP. USING A SHARP KNIFE, SLICE THE FAT LAYER TO 6 TO 13 MM (0.25 TO 0.5") THICKNESS. TRIM OFF THE REMAINING FAT. TURN THE MEAT AND REMOVE THE VISIBLE SILVER SKIN LAYER.

TURN THE MEAT BACK AND CUT THE PICANHA IN HALF.



FOR THE FIRST HALF OF THE PICANHA, REMOVE THE CORNERS SO YOU CAN MAKE TWO RECTANGLES OUT OF IT.



REPEAT THIS FOR THE REMAINING PIECE OF PICANHA. YOU NOW HAVE FOUR RECTANGULAR PIECES OF MEAT



# GARLIC PICANHA

For the true garlic lover, we have a delicious variation on the picanha: the garlic picanha. You can, for example, use the leftover pieces of picanha from the previous recipe for this.

## INGREDIENTS

- ★ 50 gr garlic
- ★ 1 tbsp vinegar
- ★ 100 ml olive oil
- ★ salt
- ★ picanha

## PREPARATION

1 Blend the garlic together with the vinegar and 50 ml of olive oil in a blender for about 10-15 seconds. Then slowly add the other half of the oil and mix it until it turns into a kind of mayonnaise. Place the covered sauce in the refrigerator. Optionally, the sauce can be made a day in advance.

2 Take the picanha and cut the fat layer to 6 to 13 mm (0,25 to 0,5") thickness. Trim off the remaining fat (tip: the fat can be used for the Flambadou). Turn the meat over and remove the silver skin. Then cut the picanha across the grain into pieces of approximately 7 cm (2,75 inch) in length, 4 cm (1,5 inch) width, and 2,5 cm (1 inch) thickness.

3 Thread the meat in the center onto the skewer. Repeat this for the other pieces. Once there are strung, you can brush the meat with the garlic mixture to taste (note: the taste can be very strong if too much is used). Sprinkle some salt on top.

4 Grill the skewer for about 7 minutes on one side, turn the skewer and proceed to grill for another 5 to 8 minutes (depending on the desired doneness and the heat of your BBQ). Once the garlic mixture has turned a nice dark golden color, it is ready. Remove the skewer from the heat and serve it by using the serving pan.

Preparation  
time  
15 minutes





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## LAMB CHOP

### INGREDIENTS

- ★ 2 lamb racks (an even number of bones per rack)
- ★ 6 garlic cloves
- ★ 20 gr fresh rosemary
- ★ salt and pepper

### PREPARATION

1 Clean the bones of the lamb chop. Cut the chops per 2, so you can pierce the skewer between the bones. Press the garlic and chop the rosemary finely. Sprinkle the lamb chops with olive oil and sprinkle with salt and pepper. Then rub them thickly with the mixture of garlic and rosemary.

2 Now place the Churrasco skewer over the fire and grill the meat for about 15 minutes so the inside is still pink. Serve your dish by using the serving pan.

Preparation  
time  
15 minutes

## SKEWER WITH FLAMED QUAIL



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### PREPARATION

1 Mix the honey, mustard, and dill together in a bowl and set aside. Thread the quail sideways on the fork-shaped Churrasco skewer. Use the cooking rope to tie the legs of the quail together, against the body.

2 Now brush the quails with the honey-mustard-dill mixture and place the skewer just next to the fire, so not directly above the heat. Turn regularly until a core temperature of about 65 degrees Celcius is reached. Note: measure the core temperature of a quail, in the chest, but also between the body and the hind leg. These are the thickest parts of the creature

3 Pour a large splash of Calvados over the quails and then place the Churrasco skewer directly over the fire. This process can be repeated a few times. Roast the quails until they are nicely golden brown and crispy, and the core temperature is 70 degrees Celcius. When serving, make use of the serving pan in order to neatly collect all the juices.

Preparation  
time  
10 minutes

### INGREDIENTS

- ★ 4 quails
- ★ 2 tbsp honey
- ★ 4 tbsp French mustard
- ★ 1 tsp dill tips
- ★ a good dash of Calvados

### UTENSILS

- ★ Churrasco fork skewer
- ★ mixing bowl
- ★ cooking string



Calvados is a cognac-like strong eau de vie (alcohol content: 40–45%) obtained by distilling apple cider. The drink comes from the department of the same name (Calvados) in Normandy.



# GAMBA SKEWER

## INGREDIENTS

- ★ 6 large, fresh gambas with shell (the largest you can find at the fishmonger)
- ★ 3 limes
- ★ fresh parsley

## BEREIDING

Rinse the shrimps and thread them onto the fork-shaped Churrasco skewer by piercing their belly and letting the tips of the skewer come out through the back of the shrimp. Drizzle the shrimp with the juice of 1 lime just before grilling. Repeat this a few times while the shrimp are hanging directly above the fire.

2 When the shrimps have a nice red color and have been roasted for at least 5 minutes, you may remove them from the fire. Serve with a slice of lime and some finely chopped fresh parsley. When serving your guests, make use of the stainless steel gripping tongs.

Preparation  
time  
10 minutes

18

# OCTOPUS TENTACLES

## INGREDIENTS

- ★ Pulpo tentacles
- ★ 1 carrot
- ★ 1 onion
- ★ 3 cloves of garlic
- ★ 1 vegetable stock cube
- ★ 200 ml sherry
- ★ 1 tbsp salt
- ★ 1 tsp paprika powder (dulce)
- ★ 1 tsp pepper
- ★ 2 tbsp maple syrup
- ★ lemon juice of half a lemon
- ★ 2 tbsp PX sherry
- ★ 1 tsp salt flakes

## UTENSILS

- ★ Forged knife
- ★ Churrasco fork skewer
- ★ mixing bowl
- ★ pan

Preparation  
time 20 minutes  
Waiting time  
270 minutes  
+optional  
freezing time

## PREPARATION

1 First you have to freeze the octopus. This is just to make the octopus more tender. The water expands when it freezes and this causes the ice crystals to crush the cell walls.

2 Make a stock of the carrot, 1 sliced onion, 3 crushed garlic cloves, a vegetable stock cube, 200 ml sherry, salt and enough water to just submerge the octopus. Cook the octopus over a low heat for about 1.5 hours.

3 Let the octopus cool down and cut off the pulpo tentacles.

4 Meanwhile, make the marinade of paprika, pepper, maple syrup, lemon juice, PX sherry and salt in a large mixing bowl and stir well. Marinade the tentacles in the mixing bowl and leave it sealed in the refrigerator for at least 2 hours.

5 Thread the octopus on the skewer and grill it for about 7 minutes. Not too long, otherwise it will become chewy.

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# DATES WITH BACON AND GORGONZOLA

## INGREDIENTS

- ★ 12 Medjool dates
- ★ 150 gr gorgonzola
- ★ 12 strips of bacon

## PREPARATION

1 Deseed the Medjool dates and fill them with pieces of gorgonzola. When this is done, roll the bacon around it and thread it onto the Churrasco skewer.

2 Roast the skewer directly over the fire. Because the cheese will melt, you have to turn it very regularly. The dates are ready after about 15 minutes. When serving, use the serving pan in order to nicely collect the fat from the bacon.

Preparation  
time  
15 minutes





# BRAIDED BREAD WITH HERBS

## INGREDIENTS

- ★ 250 gr flour
- ★ 3 gr yeast
- ★ 150 ml lukewarm water
- ★ 5 gr salt
- ★ dried Italian herbs to taste; for example oregano, thyme, rosemary

## UTENSILS

- ★ Churrasco fork skewer
- ★ mixing bowl
- ★ tea towel

Preparation  
time 20 minutes  
Waiting time  
75 minutes

## PREPARATION

**1** Combine the flour, yeast, salt, and water together in a mixing bowl and start kneading. When the mixture starts to form a solid mass, you can remove the dough from the bowl and continue kneading it on your work surface. Make sure to knead nice and long, because this will give you a better end result. When you have a nice, smooth, and non-sticky dough, you can put it back in the mixing bowl. Cover the bowl with a tea towel and let the bread rise for an hour at room temperature.

**2** After an hour, remove the dough from the mixing bowl, knead it once more and roll it out into a very long string of about 2 to 3 centimeters (0.78-1.18 inch) thick. Next, sprinkle a line of Italian herbs on your work surface, parallel to your string of dough, and then roll your dough through it, so that the herbs stick to the outside of your string of dough.

**3** Now start braiding the dough, starting from the handle of the fork-shaped Churrasco skewer. Wrap the bread dough from one tooth of the fork to the other until the dough is entirely on the skewer.

**4** Put the skewer aside for 15 minutes before you start baking it because the dough will continue to rise a little.

**5** Place the skewer just next to the fire and bake the bread dough until it turns golden brown on the outside and has a nice, firm crust. Turn the skewer regularly during baking.





# SIZZLING FLAVOURS

The Flambadou is originally French and called "flamboir" over there. The instrument has been used in French kitchens since the Middle Ages to give grilled meat the delicious flavor of flambéed fat. The original Flambadou is made of wrought or cast iron, but modern steel versions have now found their way to grilling chefs, even outside of France. For example, Michelin-starred Swedish chef Niklas Ekstedt uses the Flambadou to serve his meats, packed with flavor, over an open fire.

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The cast iron cone of the Flambadou is specially designed to be heated directly in the flames of an open fire or the hot coals of a barbecue until it glows as if it has just come out of the blast furnaces. When the cone is red hot, fat can be put inside. Beef or pork fat, smoked bacon fat, but also the skin of a nice chicken you are going to grill is very suitable. As long as the fat has a solid shape so that it slowly melts in the glowing Flambadou and you can drizzle this delicious flavoring over the food on the table. Good meat generally contains a lot of intramuscular fat (fat between the muscles) and that's what gives it that mighty fine flavor. So when you drizzle extra grilled and melting fat over your dishes, you give it an even more intense flavor. And that goes not only for meat and poultry, but for fish and vegetables as well.



SCAN THE QR CODE AND SEE  
THE FLAMBADOU IN ACTION!

## HOW DOES THE FLAMBADOU WORK?

With the Flambadou you bring excitement to the table. The sizzling fat catches fire in the glowing Flambadou so you can impress your guests in a spectacular way. And because of the 1 meter length and the olive wood handle, you can safely handle the glowing Flambadou, even in between your guests.

1 PUT THE CONE IN THE  
FIRE OR BETWEEN  
THE HOT COALS UNTIL  
THE CONE IS RED HOT.



2 REMOVE THE  
FLAMBADOU  
FROM THE FIRE  
AND PUT THE FAT IN  
THE CONE.



3 DRIZZLE THE  
FAT DRIPPING  
FROM THE CONE  
OVER YOUR DISH.





# RIBEYE

## INGREDIENTS

- ★ 1 ribeye
- ★ 3 marrowbones
- ★ salt and pepper

## UTENSILS

- ★ teaspoon or lobster fork
- ★ Forged knife

## PREPARATION

1 First put your Flambadou between the hot coals or in the fire. Spoon the bone marrow out of the marrow with a teaspoon or, if it's a small marrow, using a lobster fork. Season the ribeye to taste with salt and pepper and fry until the desired doneness. Let the ribeye rest for 3 to 4 minutes and then slice the meat.

2 Remove the Flambadou from the fire and put the bone marrow in the cone. Drizzle the slices of ribeye with the flaming fat dripping from the Flambadou.



Preparation  
time  
15 minutes



# OYSTERS WITH STEAK TARTARE

## INGREDIENTS

- ★ 12 oysters
- ★ 75 gr tenderloin
- ★ ½ lime
- ★ tabasco
- ★ balsamic cream
- ★ 40 gr beef fat (you can also use the fat from the picanha for this)

## PREPARATION

1 Put the Flambadou in the fire or between the very hot coals until the cone is glowing red hot. While it is in there, you can start preparing your dish.

2 Cut the tenderloin into very thin slices and then into thin strips. Turn the strips over and cut these into cubes as finely as possible. Put the steak tartare in a bowl. Open the oysters. Make sure the oyster has no grit in its shell and is loosened so it can easily slide into your mouth afterwards.

3 Place the oysters on a fireproof shelf or plate. Divide the steak tartare on one side of the oyster. Drizzle each oyster with a little lime juice and garnish with one drop of tabasco and one drop of balsamic cream. Remove the Flambadou from the fire and put the beef fat in the cone. Drizzle the oysters with the burning fat dripping from the Flambadou and serve immediately.



Preparation  
time  
25 minutes





## CARPACCIO

### INGREDIENTS

- ★ 400 gr round steak in one piece
- ★ pepper
- ★ salt
- ★ 1 block of fatty pork bacon (+/- 40 gr)

### UTENSILS:

- ★ oven
- ★ Flambadou

### PREPARATION

**1** Cut the steak into very thin slices with a sharp meat knife or with a slicing machine. Make sure the slices are bite-sized so you can put them in your mouth in one go. Season the meat to taste with a little salt and pepper. Cover and refrigerate until use. Tip: you can prepare this earlier in the day.

**2** Put the Flambadou in the fire or between the hot coals until the cone is glowing red hot. Remove the Flambadou from the fire and put the fatty bacon in the cone. Drizzle the steak slices with the burning fat dripping from the Flambadou.

Preparation  
time  
15 minutes

28

Preparation  
time  
5 minutes

Waiting time  
1 hour

## POTATOES WITH ONION

### INGREDIENTS:

- ★ skin of 1 chicken leg
- ★ 1 tbsp curry
- ★ 1 tbsp paprika dulce
- ★ 1 tbsp Maldon sea salt

- ★ 4 tbsp olive oil
- ★ 800 grams of baby potatoes in shell
- ★ 4 red onions

### UTENSILS:

- ★ oven
- ★ Flambadou

### PREPARATION

**1** Preheat the oven or BBQ to 180 degrees.

**2** Mix the herbs together and grease the oven dish with oil. Wash the potatoes, put them in the oven dish and mix them with the herbs and oil. Place the oven dish in the oven or on the BBQ.

**3** Now cut the onions into 4 wedges and remove the outer skin. After half an hour add the onions to the dish and mix them with the potatoes. Put the dish back in the oven/on the BBQ for another half hour.

**4** Meanwhile, put the Flambadou in the fire or between the coals and leave it there until use. After half an hour take the dish out of the oven or from the BBQ and place it somewhere you can easily drip fat on it.

**5** Remove the skin from the chicken leg, cut the skin into pieces and put it in the Flambadou. Sprinkle the potatoes and onions with the burning fat.

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# FILLED PORTOBELLO

## INGREDIENTS:

- ★ 1 slice of bread
- ★ 6 cherry tomatoes
- ★ 6 portobellos
- ★ 125 gr ripened goat cheese roll
- ★ 30 gr smoked bacon strips
- ★ 1 shallot
- ★ 1 block of fat pork bacon (+/- 40 gr)
- ★ 5 gr fresh thyme

## UTENSILS:

- ★ oven or BBQ
- ★ Flambadou
- ★ aluminium foil

Preparation  
time  
30 minutes

## PREPARATION:

**1** Preheat the oven or BBQ at 180 degrees. Clean the portobellos with a brush and remove the stem. Keep the stems separate. Make sure the portobellos are upside down so you can fill them later on.

**2** Cut the roll of goat cheese into 6 slices and place a slice in each portobello. Chop the red onion, cut the cherry tomatoes into small pieces, dice the thyme and cut the bread into small cubes. Put everything together in a container and add oil, pepper, salt and bacon. Mix everything together.

**3** Spread the mixture over the portobello mushrooms. Then place them in an oven dish for 20 minutes or directly on the grill of the BBQ. You can tell when they are ready when they have shrunk a little and the top is nicely browned.

**4** Meanwhile, put the Flambadou in the fire or between the coals and leave it there until use. Take the dish out of the oven or from the BBQ after 20 minutes, and place it somewhere you can easily drip fat on it. Cut the fat pork bacon into pieces and put it in the Flambadou. Sprinkle the portobellos with the burning fat.

# MELT YOUR OWN FAT

There are different types of fat, each of which has its own way of melting and each of which adds its own flavor to the dish. Of course, there is also the choice between animal fat and vegetable fat. A matter of taste! If you want to alternate with other fats, it is useful to know what different types of fat there are.

**Beef fat** gives your dish a taste you don't get with other fats. It is also a good way to avoid waste and to use all the fat from the cow. Beef fat consists of pure fat tissue and has a reasonably long burning time. Think of fat from a marrowbone or from the hood of the picanha.

**Smoked bacon fat** or pork fat is an old-fashioned product, with an old-fashioned delicious taste! The bacon can easily be cut into strips or pieces and is ideal for adding extra flavor to your dish. Smoked bacon fat has a reasonably long roasting time.

**Coconut fat** is a plant-based fat that is widely used in the kitchen. It is refined, so there is no coconut taste to it. Whether it is healthier than other fats has not been proven, but in any case it is tasty! Coconut fat liquefies immediately and therefore has a short burning time.

**Butter** remains one of the tastiest flavorings. It is a spreadable fat made from milk and has a fine and creamy flavor, but because it liquefies almost immediately it has a short burning time.

**Goose fat** gives a rich, full flavor. It is delicious to use on potatoes or vegetables or to add extra flavor to poultry. Goose fat has a short burn time because it liquefies almost immediately.







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