



Culinary Institute
of America

Carpentenia Butchery, Grilling, & BBQ Boot Camp

Day One



Key Terms

- Direct heat
- Indirect heat
- Ember grilling
- Chapa
- Infiernillo (Little Hell)
- Parilla
- Horno de Barro
- Rescoldo
- Asador
- Curanto
- Plancha
- Hot smoking

Direct Heat



- Cooking directly over a heat source or flames
- Standard method for hot and fast
- Designed for quick searing, caramelization and mallard reaction
- Best for items that are 2 inches or less thickness

Indirect heat

- Method where food is cooked by circulating air and not direct heat
- Prevents larger cuts from burning and cooking unevenly
- Commonly used for whole chickens, roasts, briskets, ribs, seafood, vegetables etc.



Spit-roasting



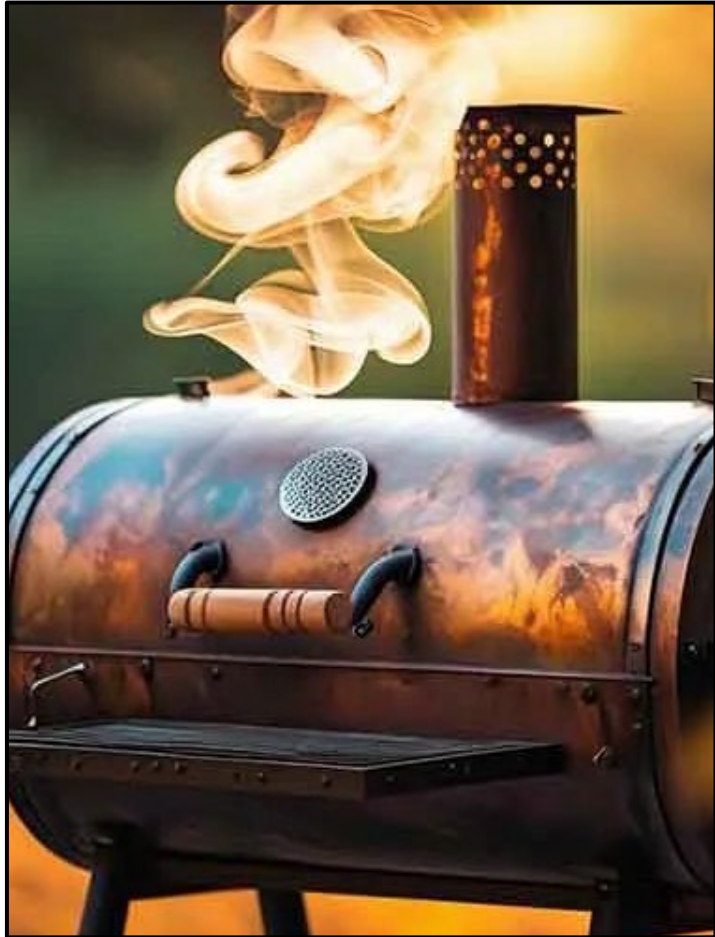
- Spit is a long rod either stainless steel or wood places over fire
- Meat rotates to cook evenly on all sides
- Enhances flavor and creates a visual appealing center piece
- Commonly used by the Greeks, Romans and Native Americans
- Served both practical and ceremonial purposes
- Manual, electric or gas spit roaster

Ember Grilling (Rescoldo)

- Delivers intense heat, idea for dishes like steaks or flatbread
- Rake the coals into an even bed and place food directly on the glowing surface
- Two stage fire for direct and indirect zones
- Uses lump charcoal, hardwood like oak, hickory, cherry, etc.
- Spread embers evenly into a two-inch layer for steady airflow and heat



Hot Smoking



- Cooks and flavors food simultaneously
- Uses controlled heat and wood smoke
- Offset smokers used for low and slow BBQ
- Beef, pork, chicken and fish are ideal meats
- Typically, between 190°F and 300°F

Chapa

- A large, flat metal plate used in Argentine-style grilling
- Meat is heated over a hardwood fire in a brasero (separate fire pit)
- Made of thick steel or cast iron supported by a frame
- One of the seven traditional Argentine grilling techniques
- Thing cuts and direct-heat searing



Horno de Barro



- Baking and roasting using a wood-fired clay oven
- Slow and even cooking
- Used for pizza, breads, empanadas, and meat
- Smoke from the wood gives a distinctive smoky flavor and rustic touch
- Clay walls absorb heat and release slowly, allowing cooking after fire is turned off

Curanto

- A method where food is cooked in a pit lined with heated, red-hot stones, buried, and slow steamed under earth
- Creates a natural pressure cooker
- Originates from ancient indigenous traditions
- A cooking method and a feast consisting of varieties of protein and vegetables



Asador



- Type of spit-roasting
- Whole animal is splayed or skewered and cooked slowly over open fire
- Roasting not searing
- Open fire grilling system built around live hardwood coals and grate
- Cooks slowly over 1 to 3 hours

Infiernillo (Little Hell)

- Cooking between two fires, with heat coming from above and below
- Sears proteins faster than any standard grill
- Locks in juices and flavors, and melts tough fat effortlessly
- Famously used for salt- crusted whole fish
- Temperatures can be altered on both top and bottom plates



Parrilla



- Vertical grate over coals
- Best for thin cuts and asado sequence
- Adjustable
- Traditional wood or charcoal fired Argentine grill
- Authentic smoky flavors
- Precise heat control

Air Control



- Using a grill with vents, open the bottom and top vents, close slightly to lower the temperature; restrict the fire
- Do not throw logs randomly into a pile.
- Arrange in a loose "Lincoln log" or log-cabin style,
- Allows space between logs for oxygen to circulate
- Add new wood splits to the side of the fire bed instead of directly on top of food zone
- Pre-heat and ignite off the existing coals before raking the new embers forward

Heat Zones

- Push the bulk of your coals to one side of the cooking area
- Place thick cuts of meat (like chicken or brisket) that need a hard sear directly over the coals
- Move delicate vegetables or slower-cooking items to the "cool side" (indirect heat)
- Adjust height crank, lower it closer to the coals for a hard sear, and raise it higher for slow roasting



Establish a Strong Coal Bed



- Build a base of dry, seasoned kindling
- Hardwoods like oak, hickory, apple, or mesquite are best.
- Avoid softwoods like pine, leaves a tarry creosote residue
- Pre-burn: Add logs (splits) burn until they are white-hot and glowing.
- Build up a consistent 1 to 2-inch layer of ash and coals
- Provides a steady, radiant heat source

Essential Tools

- Hardwood
- Fire gloves
- Cast iron
- Racks/grill plates
- Skewers
- Hand fan
- Spray bottle
- Long handled tools





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Any Questions?