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Asado: A Journey Through Argentine BBQ



Synopsis

On the precipice of a “quarter life crisis”, I left my job as a management consultant in the States seeking answers to many questions “from the cliché “what is the meaning of life” to others I didn’t even realize I had. I decided to take the overdue opportunity to explore my long time passion, cuisine. But instead of using schools or books, I decided to learn by traveling to the countries themselves. This journey began in Argentina where I was first overwhelmed by everything I had to eat. It started with learning about the cuts of meat and stuffing my face with greasy chori-pans off the street, but quickly evolved to learning how to roast entire racks of ribs and butterflied pigs over a fire for four hours and hosting my own Asados. But, the food was just a part of the experience. There was this new culture to explore, the people of Argentina to learn from, and amongst it all was me, and my journey. Overtime, my writings, learnings, and experiments began to intertwine into a story. That story later became this book “Argentine BBQ or Asado, Argentine Culture, and a piece of me.”

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Cooking

Customer Reviews

I’m about halfway through reading this book and it’s very entertaining! I like the way the Varud mixes

his own personal experiences with recipes and techniques, as well as his notes, of non-traditional methods that he suggests trying out to augment the Asado experience. A fun read with a casual vibe to it, Asado reads like a conversation (with tidbits and asides), instead of a monotone recipe book.

Like the way the author has integrated his personal experiences in this book. He reflects on the culture, the cooking and his experiences as a mix and that has some refreshing originality to it. Definitely interested to try out some of the recipes. It helps in my exploration of BBQ techniques from Argentina.

Many missing photos in this download. Otherwise looks good. Will need to read through entire book to determine how the recipes are.

This book contains several authentic recipes from a unique cuisine that would otherwise be difficult to discover. These include different types of Argentine meat, sides, drinks, desserts, spices, and more. Overall, the recipes (which include pictures) are very easy to follow with specific instructions on ingredients, timing, and the general process. Also, I like how the author paints a fuller picture of Argentine BBQ by providing information on Argentinian history and showing how the culture and food are intertwined with each other. After reading this book, I feel as though I have enough cultural background information to fully appreciate the Asado experience when I visit Argentina. More than just a cookbook, the book also details the author's journey to discover his own identity. As a young professional who (somewhat unhealthily) dreams of quitting my corporate job and pursuing something I'm truly passionate about (cliche, I know), Varud's story is both refreshing and inspirational. I highly recommend any millennials who feel as though they may be in a "quarter-life crises" to read this book.

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