

RECIPES

# Criolla

## Cooking & Wine

@criollacooking

# Guide to Argentine Cuts of Meat:

---

For your Asado, it is going to be important to ensure a variety of meat cuts that can be served throughout the meal, and can either be served partially standing, on a wooden board, or seated with your vegetable sides and sauces. There are no rules - just ensure you have a nice red wine to drink it with. The below types of meat and sausages are our own selection, but you can choose the closest alternative. Your local butcher will likely have a good idea for what would be suitable alternatives.

## **SALCHICHA PARRILLERA (GRILLED SAUSAGE):**

For the grilled sausage, it's ideal to cook it over medium heat for about 10 minutes on each side until it's crispy and golden.

## **MOLLEJA (SWEETBREADS):**

We use sweetbreads from the throat of the cow, because they are less fatty. If they have a strong smell, soak them in cold water with a few drops of lemon juice (1 liter of water per 10 ml of lemon juice) for at least 4 hours in the refrigerator. Then wash them and they're ready to cook. Season with fine salt about 20 minutes before placing them on the grill. Cook over low heat on each side until golden, approximately 45 minutes. Afterward, cut into 0.5 cm thick slices and sear the slices over high heat until golden on both sides.

## **MATAMBRITO DE CERDO (PORK FLANK):**

Lay the piece on a board with the fat side up, make a crosshatch pattern without cutting through. Season with brine on both sides and cook over medium heat, starting with the fat side until it becomes crispy and golden. Flip it, cook for another 15 minutes, and serve. During cooking, after the first 20 minutes, you can brush it with more brine.

## **PROVOLETA:**

To achieve a crispy crust, refrigerate the provoleta under a fan for at least 2 hours, and take it out of the refrigerator about 20 minutes before cooking to lose the fridge chill and melt internally faster. Cook it on a preheated and oiled griddle over medium heat until golden. Thanks to the refrigeration process, there's no need to coat it with flour.



# Guide to Argentine Cuts of Meat:

---



## LIMON ASADO (GRILLED LEMON):

Place the halved lemon on the grill to warm it up and extract its juices more easily. Use it to eat with matambrito and molleja because it helps cut the fat in these cuts on the palate.

## ENTRAÑA (SKIRT STEAK):

Place it on a board and brush it with brine on both sides before placing it on the grill. Cook over very high heat for a short time, about 4-5 minutes per side (depending on thickness), to get a medium-rare cut. Remove it from the heat, let it rest for about 5 minutes, and cut and serve it against the grain.

## TIRA DE ASADO (SHORTRIB):

Salt the ribeye with fine salt at least 1 hour before cooking to ensure the salt penetrates the meat. Take it out of the refrigerator at least 30 minutes before cooking for even cooking. Cook it over low heat, starting on the bone side, flipping it when the bones protrude from the meat, and the covering layer becomes golden. It's crucial to maintain a low heat to avoid overcooking and having it burnt on the outside and raw and tough in the center. It's a long cooking cut because it's tough and very fatty, so it needs time to break down the fibers and slowly melt the fat. This cut can take 1 hour or more to cook, depending on its size.



# The Ultimate Asado Guide

---



## TEMPERATURES ON THE GRILL:

A handy guide for grill temperatures is to place your hand slightly above grill height and count the seconds that you are able to tolerate the heat.

- 3-5 seconds: High Heat
- 7-9 seconds: Medium Heat
- 12 seconds and above: Low Heat
- This guide is widely used in Argentina. For precise measurement, it's best to use a thermometer.

## MEAT TEMPERATURE AND COOKING:

It's crucial to bring cuts to room temperature about 40 minutes before cooking. This ensures even cooking without cooling the grill.

When placing cuts on the griddle or grill, listen for the sizzle, indicating the metal meeting meat and sealing the cut while retaining juices.

## MEDIUM HEAT COOKING:

Used for leaner cuts or portioned cuts like sirloin steaks, ribeye, or pork matambre. Ensures a sear outside while allowing heat to penetrate without burning the exterior.

## LOW HEAT COOKING:

Suitable for large cuts, tough cuts, and very fatty cuts. Ensures even cooking, allowing the temperature to reach the interior without burning the exterior and melting fats for flavor.

## HIGH HEAT COOKING:

Used for thin cuts like flank steak or pre-cooked portioned cuts, giving a final sear or maintaining a blue or very juicy doneness. Patience is key in asado cooking; high heat is less common.

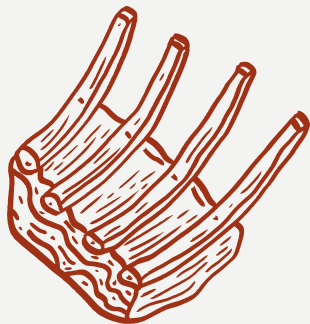


# The Ultimate Asado Guide

---

## LIGHTING THE FIRE:

- Use wood and cardboard for safety, avoiding flammable liquids.
- Build a base with cardboard, add smaller sticks forming a small structure, and ignite. Ensure it sustains and some sticks catch fire.
- Gradually add more sticks on top, avoiding suffocating the fire. Blow or provide air if needed.
- Ideally, light the fire one hour before cooking. After approximately 45 minutes, you'll have embers to preheat the grills for about 15 minutes.



## ORDER OF CUTS:

Larger or longer-cooking cuts go first, adjusting heat accordingly.

As the cooking time progresses, add the rest of the cuts or side dishes.

## VEGETABLE COOKING:

**EN PAPILOTE (IN FOIL):** Ideal for hard vegetables like potatoes, sweet potatoes, carrots, and onions. Cooked in their own liquids in foil on the coals without burning, retaining moisture.

**AL RESCOLD (ON EMBERS):** Ideal for softer or water-rich vegetables like eggplants, bell peppers, leeks. Placed directly on the embers until the exterior is charred, ensuring a smoky flavor.

**TIP:** Always let the meat rest for at least 6 minutes after removing it from the fire to allow juices to settle before cutting.

# Chimichurri Sauce

---

## Ingredients

Dried Oregano: 3 teaspoons  
Fresh Thyme: 2 teaspoons  
Ground Chili: 1 teaspoon  
Sweet Paprika: 1 teaspoon  
Roasted Garlic: 1 teaspoon  
Fresh Parsley: 4 teaspoons  
Apple Cider Vinegar: 4 teaspoons  
Olive Oil: 4 tablespoons  
Salt: 1/2 teaspoon

### STEP 1

Mix the dry ingredients, then add the Apple Cider Vinegar.

### STEP 2

Let it rest for 30 minutes, then add the Olive Oil and Fresh Parsley.

### STEP 3

Chimichurri can be served with meats or empanadas.

# Salsa Criolla

---

## Ingredients

Plum Tomatoes: 4 tablespoons  
Yellow Bell Pepper: 2 tablespoons  
Green Bell Pepper: 2 tablespoons  
Red Onion: 3 tablespoons  
Parsley: 2 tablespoons  
Salt: 1/2 teaspoon  
Apple Cider Vinegar or  
Lemon Juice: 1 tablespoon  
Olive Oil: 2 tablespoons

### STEP 1

Wash and clean all vegetables; finely dice (0.5x0.5 cm cubes) the onion and bell pepper (remove the veins from the bell pepper).

### STEP 2

Remove the core from the tomato and dice it finely (brunoise). Cut the parsley into chiffonade (very fine strips).

### STEP 3

In a bowl, mix all vegetables except the parsley. Add lemon juice or apple cider vinegar, salt, mix well, let it rest for about 5 minutes, adjust salt.

### STEP 4

Add the parsley, mix, add the olive oil, mix again, let it rest for 10 minutes, and it's ready to eat.

# Dulce de Leche Pancake

---

## Ingredients

Whole Milk 2 cups  
All-purpose Flour 1 cup  
Eggs 2 u  
Melted Butter 3 and ½ tbsp  
Sugar 4 tsp  
Salt 1 pinch  
Family-size Dulce de Leche 4 tsp (each pancake)

### STEP 1

In a saucepan, melt the butter until golden. Place the milk in a bowl, add the melted butter, eggs, and sugar.

### STEP 2

Mix until well combined. Add the flour and mix again until you have a smooth, lump-free batter.

### STEP 3

Chill the batter for two hours before use.

### STEP 4

Before using, you can strain the mixture through a sieve to avoid any flour lumps.

### STEP 5

In a hot, non-stick skillet, brush a little butter over the surface, and pour the right amount of batter.

### STEP 6

Spread the batter evenly across the surface and let it lightly brown. Carefully flip the pancake without breaking it and lightly brown the other side.

### STEP 7

Remove and set aside.

### STEP 8

Serve with dulce de leche spread inside, fold in quarters, and either grill on a griddle, or serve warm.



# Bell Pepper with egg

---

## Ingredients

Eggs (2 units)  
Quartiolo Cheese 4tbsp  
Red Bell Pepper (1 unit)  
White Part of Green Onion 1 tbsp  
Green Part of Green Onion 2 tbsp  
Salt ½ tsp  
Black Pepper  
Roasted Garlic 2 tsp

### STEP 1

Wash the bell pepper, cut it in half lengthwise, creating two elongated halves that will serve as a container for the egg.

### STEP 2

Remove the veins from the eggs and set them aside.

### STEP 3

Clean the green onion, separate the white and green parts. Cut the white part into julienne strips, and slice the green part into rounds.

### STEP 4

In a bowl, mix the eggs, grated Quartiolo cheese, roasted garlic paste, both parts of the green onion, salt, and black pepper.

### STEP 5

Pour this mixture over the bell peppers and place them on the grill over low heat (preferably covered) for about 30 minutes, until the bell pepper is tender, and the egg is cooked.

### STEP 6

Remove from heat and serve with a citrus vinaigrette on top.

# Vegetable Vinaigrette

---

## Ingredients

Roasted Garlic 2tsp  
Fresh Parsley 2 tbsp  
Ground Chili 1 tsp  
Olive Oil 3 and ½ tbsp  
Lemon 1 u  
Lemon Zest 1 tbsp  
Salt ½ tsp

### STEP 1

In a blender glass, add the roasted garlic, lemon juice, and olive oil. Blend for about 15 seconds until everything is integrated.

### STEP 2

It can also be done with a hand blender in a metal bowl.

### STEP 3

Then, add the parsley in chiffonade, lemon zest, and ground chili. Mix with a spoon or whisk, and it's ready to use. This can be brushed onto your finished grilled vegetables and red pepper before serving. Reserve both parts.

# Chimichurri Butter for the Vegetables

---

## Ingredients

Butter: 4 tablespoons  
Chimichurri: 2 teaspoons

### STEP 1

Leave the butter outside the refrigerator until it is soft. Then, add the chimichurri and mix with a rubber spatula until well combined.

### STEP 2

For the vegetables, such as zucchini, squash, cauliflower, or your favorite, slice them into rounds with a maximum thickness of 1 cm. Score a grid pattern on the rounds to enhance flavor integration and speed up cooking.

### STEP 3

Brush the butter onto the slices, ensuring it enters each groove of the grid. Sprinkle with salt and grill over medium heat for about 10 minutes on each side.

### STEP 4

Remove from heat, brush with more butter, plate the grilled vegetables, and finish with fresh parsley, lemon zest, and pepper.

# Herb Basting Mix

---

## Ingredients

### For the Herb Brush:

Salt: 1 teaspoon  
Hot Water: 1/2 cup  
Fresh Herbs  
(rosemary, thyme, oregano, sage, etc.): to taste  
Crushed Garlic: 1 clove  
Whole Black Peppercorns: 5 units

### Additional for Herb Basting:

Cotton Thread: as needed  
Fresh Herbs: to taste  
Thin Wooden Stick (such as rosemary stem): 1

#### STEP 1

The herb basting is used to keep the meat moist so it does not dry out. In a small steel pot or container, add salt, hot water, your choice of fresh herbs (rosemary, thyme, oregano, sage, etc.), crushed garlic, and black peppercorns. Mix until the salt dissolves and let it rest for about 10 minutes to allow the flavors to settle.

#### STEP 2

To assemble the herb brush, place the wooden stick or stem in the middle and surround it with herbs from the middle upwards. Use cotton thread to tie them securely.

#### STEP 3

Ensure there is enough space on the stick to act as a brush for applying the herb-infused liquid.

#### STEP 4

This herb brush can be used for basting and imparting flavor while cooking. Enjoy your culinary creation!

# Chipa on the Grill

---

## Ingredients

Cassava Starch: 1 cup  
Quartiolo Cheese or Gouda Cheese: 1/2 cup  
Sardo Cheese/ or Reggiano Cheese: 1/3 cup  
Butter: 1 and 1/2 tablespoons  
Sugar: 1/2 teaspoon  
Salt: 1 teaspoon  
Egg: 1  
Baking Powder: 1/4 teaspoon  
Milk: approximately 4 tablespoons

### STEP 1

In a bowl, mix cassava starch with cheeses, salt, sugar, and baking powder.

### STEP 2

Add softened butter and egg to the mixture. If the mixture is too dry, gradually add milk while mixing.

### STEP 3

Knead the dough until everything is well integrated and the dough is homogeneous.

### STEP 4

Form small disks and roll them out with a rolling pin until they are 0.5 cm thick.

### STEP 5

On a preheated grill over medium heat, place the chipas and cook for about 4 minutes on each side.

### STEP 6

Remove from the grill, let them rest for 5 minutes, and they are ready to eat. Enjoy your chipas!

# Charred Eggplant Dip

---

## Ingredients

Eggplant: 1 unit  
Roasted Garlic: 2 teaspoons  
Salt: 1/2 teaspoon  
Olive Oil: 1 tablespoon  
Lemon: 2 teaspoons  
Parsley: 4 teaspoons

### STEP 1

Char the eggplant directly over the coals, turning it every 4-5 minutes until the outside is charred, and the inside is soft.

### STEP 2

Once the eggplant is soft, remove it from the heat and let it cool in a bowl covered with plastic wrap or inside a plastic bag.

### STEP 3

For Roasted Garlic: Cut the tips off the garlic head, place it with the cut side up on aluminum foil (shiny side inward). Drizzle with olive oil, close the foil, and bake in the oven at 180°C for 1 hour. Alternatively, roast on the coals for about 45 minutes to 1 hour, turning every 15 minutes.

### STEP 4

When the roasted garlic is ready, it should be soft enough to make a paste.

### STEP 5

Once the eggplant is cool, peel it (without using water to maintain the maximum smoky flavor). Place it in a bowl and mash it with a potato masher along with the roasted garlic paste until it becomes a puree.

### STEP 6

Add salt, lemon, parsley chiffonade, and olive oil. Mix well, let it rest for 5 minutes, and it's ready to eat. Enjoy your smoky eggplant puree!

# Notes

---

---

---

---

---

---

---

---

---

---

# Don't Forget

---

---

---

---

---