

PATRYCJA WALTER FIRE CHEF



This Food Is On Fire

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I am forever grateful to my loyal, honest and patient food tasters,
particularly **Zuzia, Tasza and Maciuś**,
without whom you would not be reading my book.

From the bottom of my heart, or should I say... my cauldron,

Thank you!



Introduction

If you are reading this book chances are, that just like me, you are bored with same old grilled sausages or chicken wings being served at every single barbecue.

My journey with cooking over an open fire began during the weekend trips to a friend's cottage in Polish Jurassic Highlands. Although vegetables would find their place on the menu, our shopping lists repeatedly included chicken wings, sausages and six-packs of beer.

One day, I decided to make a simple, yet signature Polish dish, called Pieczonki [’peeyetchonky]. This hotpot of cabbage, potatoes and bacon cooked in a cauldron over an open flame became quite a culinary sensation. Suddenly my chef's instincts awakened! I thought: "Hey, there are so many exciting possibilities of cooking on an open fire! **Out with the boredom!**". From then on, our trips were always filled with outdoor cooking experiments. My shopping lists kept growing and growing, and the ideas for various dishes quickly filled the pages of my notepad. I reminisce about those moments very fondly, especially that this lovely cottage has unfortunately been sold.

I am a cook. However, I am also a globetrotter. Two years ago, the same group of friends whom I used to go to the cottage with, organised a fortnight trip to Asia. When they asked me to come along, the only thing I could say was: "OK, let's go! The adventure awaits!".

We travelled through the picturesque countries of Vietnam, Laos, Thailand, and Myanmar (Burma). Throughout the whole trip I could feel my chef's instincts start to kick in yet again. I was mesmerised by wonderful Asian street food. It was incredibly authentic. Raw ingredients being cooked over an open flame right there, in front of me, on the street! My first thought was: "Wow! Asians cook like this every day! EVERY DAY! How wonderful is that? How delicious!". Right there and then, I knew I had found something special. **I felt the call of fire.** Each food stall was filled with delectable treats to the brim. I appreciated every dish with all my senses and a camera in my hand.

When I told my friends that I wanted to write a cookbook about cooking on an open flame, they were far from surprised. **They cheered me on and instantly named a Fire Chef.**

Enjoy my culinary adventure!

PATRYCJA WALTER

Index

Forrest baked beans	5	Eggs on beef with a hint of coffee and chocolate	19
Baked pumpkin with black pudding and mushrooms	6	Mushroom soup on burnt bones	20
🍃 Caponata or sicilian stew with grapes	7	🍃 Aubergine caviar	21
Autumn curry tray	8	Baked apples with black pudding and elderberry jam	22
🍃 Bigos - the ultimate hunter's stew. Red cabbage, plum and aubergine hotpot	9	Red cabbage stew	23
Pork goulash with baked tomatoes	10	Tomato and plum chicken baked in watermelon	24
🍃 Sourdough bread pottage	11	„Forest” lard	25
Silesian miner's burger with BBQ sauce	12	Yoghurt and mint chicken baked in watermelon	26
🍃 Courgettes stuffed with buckwheat and mushrooms	13	Herbs and lemon chicken roasted in the ground	27
🍃 Baked tomato soup	14	Baked trout from a plank with plum salsa	28
🍃 Oyster mushroom tripes with parmesan and tomatoes	15	🍃 Baked pumpkin with pearl barley and forest mushrooms	29
🍃 Vegetarian split pea pottage on a burnt log	16	🍃 BBQ sauce on smoked plum	30
Duck broth with vegetable tagiatelle	17	🍃 Asian-style vegetable broth	31
Reuben sandwich with black pudding and sauerkraut	18	Meat broth	32

Enjoy your meal!

6 14 h



Forrest baked beans

You will need: a cauldron and a sear grate.

Ingredients:

1 handful diced lardon
500 g thick uncooked, smoked bacon chop
500 g dry butter beans
4 garlic cloves
90 g tomato paste
10 allspice berries
5 bay leaves
2 tbsp marjoram
salt
pepper
sugar

Method:

1. Soak the beans in water for at least 12 hours.
2. Roast the whole bacon on a wire rack or a sear grate until crispy.
3. Fry the lardons in the cauldron until golden brown. Add the sliced garlic and marjoram and fry lightly. Drain the beans and put them into the cauldron. Add enough water just to cover the beans and cook covered until the beans are tender.
4. Season with salt, pepper, bay leaf and allspice. Add the roasted bacon and cook until the beans are soft.
5. Remove the bacon and cool.
6. Stir in the tomato paste. Season with a good pinch of sugar. To thicken the dish, purée about 10 beans with a fork.
7. Serve in a deep bowl with a generous slice of bacon.

 2-4  1 h



Baked pumpkin with black pudding and mushrooms

You will need: nails, a frying pan, a small pot, an ember shovel.

Ingredients:

3 kg pumpkin
200 g buckwheat
2 onions
2 medium to large black pudding sausages
100 g mushrooms
100 g wholegrain mustard
4 garlic cloves
2 bay leaves
4 allspice berries
2 tsp marjoram
oil
pepper
salt

Method:

1. Cook the buckwheat in water for 20 mins.
2. Cut off the top the pumpkin's top. Scoop out the seeds and fibres. Prick the pumpkin with a knife.
3. To make the stuffing, fry the diced onion and chopped garlic on oil. While the oil is hot, add the bay leaves, allspice and marjoram. Remove the casings from the black pudding and mix it with chopped mushrooms, cooked buckwheat and mustard. Stir thoroughly together.
4. Stuff the pumpkin with the filling. Nail the pumpkin's top back firmly.
5. Place the pumpkin close to the fire and regularly cover with embers. Cook until the pumpkin is tender.

"I have been paying attention to Patrycja's work for a while now. I admire not only her passion and commitment, but also the excellent palate and food presentation skills. You get hungry just by looking at her food, which itself is half the success. The other half is undoubtedly in the taste. You are in good hands here."

Piotr Marciniak

the creator of the Bushcraft Project - we cook in the forest.

<https://www.facebook.com/bushcraftcookingpolska/>

"Fire is magical! (...) It's amazing how the combination of flames, heat and smoke make the dishes taste completely different, as if there was the sixth cardinal taste - fiery!"

Malgorzata Milian-Lewicka

"High Heels"

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