



High Heat: Grilling and Roasting Year-Round with Master Chef Waldy Malouf

Waldy Malouf, Melissa Clark

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The maximum flavor and minimum fuss of high-heat cooking can now be yours year-round, whether outdoors on the grill or indoors in your oven.

Powerhouse chef Waldy Malouf of Beacon Restaurant in New York City and Stamford, Connecticut, likes to play with fire. Roasting and grilling have become his signature, and *High Heat* heralds the arrival of this brilliant approach for home cooks. Featuring 125 savory recipes adaptable for both open-flame grilling and hot-oven cooking, *High Heat* is the first cookbook to offer home cooks this kind of flexibility. In fact, most of the recipes, which are fast and easy to follow, include simple variations for both kinds of cooking so that you can enjoy your favorite flavors whatever the weather or time of year. Both oven roasting and open-flame grilling rely on high heat to bring out the most delicious and fundamental flavors of any food—caramelizing the natural sugars and turning the foods golden brown.

The recipes in *High Heat* are designed for the home cook—no long ingredient lists or all-day preparations required. Even so, you will discover a rich range of imaginative combinations from the home kitchen of a gourmet chef—Flank Steak with Rosemary and Roasted Garlic, Loin of Pork with Apples and Bitter Chocolate, Crisp Spicy Chicken Wings, Whole Red Snapper with Baby Fennel and Niçoise Olives—all tailored for indoor or outdoor perfection. Breads (Grilled Bruschetta with Toppings, Thin-Crust Pizza with Asparagus and Prosciutto), soups (Charred Yellow Tomato Soup, Caramelized Cauliflower Soup), salads (Arugula Salad with Crisp Fingerling Potato Chips, Sweet Tomato and Bocconcini Salad with Scallions), vegetables (Smoky Corn Succotash, Mediterranean Stuffed Zucchini with Cilantro-Yogurt Sauce), and even desserts (Nectarine and Almond Crostadas, Chocolate Angel Food Cake with Roasted Brandied Strawberries and Chocolate Sauce) find a home in the range or on the grill.

A father himself, Malouf has chosen recipes that will appeal to the whole family. The use of just a few ingredients and basic cooking techniques make these dishes easy to prepare for weeknights as well as special occasions. High-heat cooking is both quick and healthy, intensifying flavors without requiring additional fat or calories. So turn up the heat and prepare a knockout meal in your oven *or* on your grill.

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