

# The Constant Gobbler



Atlanta Food and Restaurant Blog...

## FuegoMundo: Fire It Up

Summer is so close yet so far. My grill (also named Summer) has been talking to me about how we never hang out anymore and how I haven't bought her a new propane tank since November. I finally admitted to going out to see other grills. It's not her, it's me. There is just something so unauthentic about wearing a bubble jacket while sizzling my meat. Recently, I hooked up with a new grill. A fiery, Latin oak-fired one with a propensity for gluten-free and kosher dining. Her name was [FuegoMundo](#). We were introduced by [Mandy Turchin](#) at an [AFBA](#) meet-up and we hit it off right away.



(Left) White Sangria. (Right) Red Sangria. Very sweet, that's my style.



(Left) Meat (it's on fire!). (Right) Cutting meat 101: Cut against the grain. Grilled Tilapia



(Left) Plantain chips w/ homemade salsa. (Right) Yucca fries w/ ranch dip (Get a free coupon [here](#)).



(Left) Super Platter: Grilled chicken, steak, broccoli and onions with “The Latin” (black beans, yellow rice and fried plantain) and “The Health Nut” (quinoa, black beans, and baked plantain). (Right) Lamb chops w/ balsamic sauce.



(Left) Flan [gluten-free]. (Right) Gluten-free carrot cake.

Seriously though, FuegoMundo offers a unique dining blend of pan-latin cuisine with a healthy twist. Most Latin grills offer the standard meat with rice and beans and fried plantains, but what sets FuegoMundo apart is the “Health Nut” option. Hispanic food is not really known as diet friendly, but when the craving hits you should be able to eat what you love without the post-failed resolution depression. Substitute rice with quinoa (a psuedo-cereal consider a [super-food](#)) and fried plantain for baked and you get all the flavor with less fat and more nutrition. I actually prefer the light, pillowy texture of quinoa over rice, but since its only cultivated in Peru and Bolivia the price can be steep. Fortunately, owners Masha (Colombian decent) and Udi Hershkovitz (Israeli decent) keep a great product at decent prices (\$10-16). Keeping it real to their roots, the Hershkovitz’s offer an immense [Gluten-free menu](#) and keep a Kosher-style kitchen (No pork, no dairy, and no mixing meat and fish cooking surfaces) for those with such dietary needs. No matter your preferences, FuegoMundo definitely does not substitute quality (the sangrias, marinades and salsas are all homemade) and taste. On a 2nd date with FuegoMundo, we spiced things up lamb chops, quinoa, and the hot salsa (So good, I almost drank a whole bottle). Unfortunately for Summer, FuegoMundo and I will be seeing each other again soon.  
-TCG

**FuegoMundo Wood-Fire...**  
 89% like it - 100 votes  
 in Sandy Springs  
 5590 Roswell Rd, Suite 120  
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