



Amalia's Guatemalan Kitchen - Gourmet Cuisine with a Cultural Flair

By Amalia Moreno-Damgaard

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Winner of 9 National Awards, including Best Foreign Cuisine Book USA by Gourmand World Cookbook Awards 2014.

Enjoy fresh, simple, and authentic Guatemalan cuisine right from your own kitchen!

Amalia Moreno-Damgaard, a Guatemalan-American chef classically educated in the French culinary tradition, shares 170 of her favorite Guatemalan recipes for every occasion in her first cookbook aimed at home cooks. These healthy, quick, and easy gourmet dishes provide the perfect way to explore a fascinating culture that dates back to the ancient Mayan civilization.

Amalia's delicious, zesty recipes come alive with step-by-step instructions, helpful techniques and hints, personal stories, exciting suggestions for recipe variations, vegetarian and gluten-free options, and cultural insights behind the cuisine. Whether you're a chef expanding your repertoire, a Guatemalan embracing your roots, or a food lover who just enjoys a unique and delicious meal, *Amalia's Guatemalan Kitchen* will make your heart and your taste buds dance!

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Amalia's Guatemalan Kitchen - Gourmet Cuisine with a Cultural Flair

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Editorial Review

Review

"Amalia Moreno-Damgaard's cookbook cajoles and lures you into becoming a participant in her Guatemalan kitchen and to leave thoroughly satisfied. Her recipes make even the most complicated traditional dishes, such as Mole de Plátano and spicy chicken and pork vegetable stew, Pepián Negro, quite easy to prepare, just as though she is leaning over your shoulder as you prepare the foods she obviously cares for passionately." -- Marilyn Tausend, author of *Cocina de la Familia*, *Mexico the Beautiful*, *Savoring Mexico: Recipes and Reflections on Mexican Cooking*, and *La Cocina Mexicana: Many Cultures, One Cuisine*

"Amalia is a true ambassador for Latin American cuisine. Each dish she prepares brings a new and exciting adventure of flavors to the table. Her food is genuine and amazingly delicious!" -- Jim Kleinsasser, former NFL football player for the Minnesota Vikings

"Amalia's recipes are fresh, healthy, and enticing with flavors of the Latin culinary cultures. Her robust and bold dishes make guests feel like they are having a family feast right in her grandmother's kitchen, cooked the way her grandmother taught her, with love, attention, and dedication." -- Tom McKinney, executive director, Make-A-Wish Minnesota

"Amalia is a rising star in the international culinary world and, with this new guide to Guatemalan cooking, has proven she can write as well as she cooks. These are savory, authentic dishes, but also absolutely cookable! *Amalia's Guatemalan Kitchen* is the place where I'll hang when I'm hungry for good food. Buen provecho, indeed! Happy cooking!" -- Bill Huebsch, chair of the board, Common Hope

About the Author

Amalia Moreno-Damgaard's love affair with cooking started where so many others do: in her grandmother's kitchen. Hers was in Guatemala. "I still remember the flavors I grew to love as a girl," Amalia says. "I remember the banana leaves, Guatemalan chiles, the cinnamon, loroco, chipilín, and all those native spices and flowers." As an adult, Amalia immigrated to the United States for college and had a first career in international banking. After earning an executive master's degree in international business from St. Louis University, she graduated from Le Cordon Bleu. Later she founded Amalia Latin Gourmet with a Cultural Flair (AmaliaLLC.com), a business designed to help others develop a better understanding and appreciation of Latin cultures through gourmet cuisine. Since then, she has been delivering a cultural and culinary experience to many Fortune 100 and 500 companies, nonprofits, historical societies, universities and schools, and others through custom events.

Worldwide traveling has further enhanced Amalia's culinary and cultural perspective. During her second career, Amalia has supported many community-driven organizations through charitable donations of her time and skills and also co-founded Women Entrepreneurs of Minnesota (wemn.org), a nonprofit organization that fosters women entrepreneurship. Amalia also does consulting and custom recipe development.

She lives in the Twin Cities with her husband, Kenn (whose Danish origins add another cultural influence to Amalia's kitchen), and their son Jens.

Users Review

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Mario Berry:

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