



SANGRÍA A LA AMALIA

Red Wine and Citrus Punch

Recipe by Chef Amalia Moreno-Damgaard

This is a special excerpt from the award-winning-bestselling cookbook Amalia's Guatemalan Kitchen-Gourmet Cuisine with A Cultural Flair

AmaliaLLC.com

Sangría is popular in Guatemala City, and everyone has a unique recipe for making it. It ranges from a simple drink to an elaborate one with fruit bits and more. This quick and delicious crowd-pleasing version is perfect for a summer party.

Serves 2

2 cups Spanish Rioja
1/2 cup ginger ale
1 tablespoon Grand Marnier

1 orange, thinly sliced
1/2 lime, thinly sliced
1 tablespoon sugar

Adorno (Garnish)

1/4 cup green grapes, halved
1/4 cup peaches, peeled, diced small
1 orange slice
1 lime slice
Mint sprigs
Ice

1. Combine the rioja with the ginger ale and Grand Marnier.
2. In a bowl, combine the orange and lime slices and sugar. Muddle with a muddler or use the back of a small sturdy plastic cup to release as much juice from the fruit as possible. While continuing to muddle, dissolve the sugar in the juice.
3. Pour the wine mixture into the bowl and stir well. Transfer to an attractive pitcher and chill. Keep the muddled fruit in the pitcher or strain.
4. Serve in tall glasses filled with ice and garnish.

Amalia's Note

To muddle is to combine ingredients in the bottom of a glass to extract juices and flavors using a muddler—a large stick designed for this particular purpose. At home you can use a wooden spoon or any other sturdy stirring tool.



ENSALADA DE TOMATE Y HUEVO

Beefsteak Tomato and Egg Salad with Garlic Vinaigrette

Recipe by Chef Amalia Moreno-Damgaard

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This is a salad that my mom made often to accompany Chuletas Migadas (breaded marinated pork cutlets). When you're pressed for time and you need a quick, delicious salad, this is an easy family pleaser.

Serves 4 to 6 people

Vinagreta (Vinaigrette)

1 tablespoon champagne vinegar or white wine vinegar

3/4 teaspoon minced garlic

1/2 teaspoon Dijon mustard

3 tablespoons olive oil

1 1/2 tablespoon water

1/2 teaspoon kosher salt or sea salt

Freshly ground black pepper

2 beefsteak tomatoes, peeled and thinly sliced

2 hard-boiled eggs, sliced

2 tablespoons julienned red onion

Adorno (Garnish)

1 tablespoon finely chopped flat-leaf parsley leaves

1. In a blender, combine all the vinaigrette ingredients and process until creamy. Taste and adjust seasonings, if needed.
2. Arrange the tomatoes attractively on a round platter. Top them with a layer of eggs and onions. Drizzle the tomatoes, eggs, and onions with the vinaigrette.
3. Garnish the dish with parsley.



JOCÓN

Chicken, tomatillo and cilantro stew

Recipe by Chef Amalia Moreno-Damgaard

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Jocón (pronounced ho-CON) is a dish from Huehuetenango, a department located in western Guatemala, and the surrounding region. The recipe varies slightly from family to family. This is my simplified version. It is not only easy to make, but also hearty and delicious. The sauce has a vibrant green color. You can also use it for other grilled meats such as beef, pork, or chorizo.

Serves 4 to 6 people

4 to 6 skinless chicken thighs, visible fat removed
1 cup fat-free, low-sodium chicken stock
1 small whole onion, peeled and t-scored
1/2 cup cilantro (unchopped, stems and leaves included)

1 cup trimmed green onions cut into 1-inch pieces
2 large garlic cloves, peeled
1 1/2 cups tomatillos (about 10 tomatillos), husked and quartered
1/2 cup seeded, chopped green bell pepper
1 poblano pepper, seeded and chopped (3/4 to 1 cup)
1 cup roughly chopped cilantro (stems and leaves)
1 whole Serrano pepper, seeds and veins included (optional)
2 corn tortillas, torn into small pieces
1 cup fat-free, low-sodium chicken stock

1 teaspoon kosher salt
Freshly ground black pepper

Adorno (Garnish)
Fresh cilantro sprigs

1. Cook the chicken in the stock with the onion and cilantro in a medium saucepan until the chicken is tender (20 to 30 minutes).
2. While the chicken is cooking, cook the rest of the ingredients (except the seasonings and garnish) in a separate saucepan. Bring to a quick boil. Reduce the heat and simmer covered until the vegetables are soft (5 to 8 minutes).
3. When the chicken is done, transfer it to a dish and set it aside. Reserve the onion, cilantro, and stock.

4. Combine the vegetable mixture with the onion, cilantro, and stock. In a blender or food processor, purée the mixture until it's smooth. Pour the purée back into the pot and add the chicken. Stir and cook for 5 minutes longer. The sauce should look smooth, velvety, and bright green.
5. Season the stew with salt and pepper. Taste and adjust seasonings if needed.
6. Serve the stew garnished with cilantro sprigs.

Amalia's Notes

To t-score an onion, make a 1/2-inch-deep cross-shaped cut at the narrowest end of the onion. The onion remains whole.

Peel tomatillos under running water if you find the husks hard to remove.



GALLO PINTO

Spicy rice and black beans, with bell peppers, bacon and cilantro

Recipe by Chef Amalia Moreno-Damgaard

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Gallo pinto (speckled rooster) is a traditional Central American dish. Rice and beans with a variety of other ingredients is a popular dish in Guatemala and elsewhere in the Latino Caribbean. I discovered gallo pinto while vacationing in Costa Rica. I loved it. I ate it at breakfast, lunch, and dinner. The key to a great gallo pinto is Lizano sauce, a Costa Rican sauce available at most Latino markets in the United States.

Serves 4 to 6 people

1 cup finely chopped onion
3/4 cup diced multicolored bell peppers
1/2 cup finely chopped cooked bacon
1/2 to 1 cup canned black beans, drained and rinsed
3/4 to 1 cup washed, finely chopped cilantro (stems and leaves)
2 tablespoons canola oil
1 1/2 tablespoon Lizano sauce (or Worcestershire sauce)
1/2 tablespoon Tabasco sauce
Kosher salt and freshly ground black pepper
2 cups long-grain white rice cooked in fat-free, low-sodium chicken stock

Adorno (Garnish)

1/2 cup roughly chopped cilantro leaves

1. Sauté the onions, peppers, bacon, beans, and cilantro in the oil over medium-high heat for about 3 minutes. Season with Lizano sauce (or Worcestershire or both), Tabasco sauce, salt, and pepper. (Keep in mind that the seasoning sauces already contain salt, so salt with a light hand.) Continue sautéing for 2 more minutes.
2. Add the rice gradually, making sure it gets well coated with sauce. Use a firm spatula to break any large clumps of rice. Sauté for 2 minutes. Taste and adjust seasonings, if needed.
3. Serve the gallo pinto garnished with cilantro leaves.