

# REVUE

Guatemala's English-language Magazine

November 2018 [revuemag.com](http://revuemag.com) Year 27 No. 9

*9th Annual  
Food Issue*





# This Month in REVUE

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## INTERVIEW

**Michelle B. Sultan**

La Botica Verde

by Mindy Grantham

## AMALIA'S KITCHEN

**Joy in the Kitchen During the Holidays**

w/ recipe for Brazilianana

by Amalia Moreno-Damgaard

## TRADITION

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A history of Guatemalan Family and Tradition

## SURVEY

**Expat Food Cravings**

What travelers miss the most

## REGIONAL FOOD

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boat-fresh seafood

Recipe for Garifuna Tapado

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Interview with Michelle B. Sultan

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*places to go, things to do,  
and fun to be had.*

**Restaurants - Hotels**

**Shopping - Services**

**Real Estate - Travel**

# REVUE

Guatemala's English-language Ezine

26 Years promoting the  
best of Guatemala

## PHOTO CONTEST Food of Guatemala

### POPULAR VOTE

**1<sup>st</sup>** Diego de León **2<sup>nd</sup>** Edwin Xitumul **3<sup>rd</sup>** Federico Roulet

### JUDGES' PICKS

**1<sup>st</sup>** Tobie Spears **2<sup>nd</sup>** Guillermo A. Chocano A.

**3<sup>rd</sup>** Joan Manuel R. Zea

### PHOTOGRAPHERS

**Christian Hartmann • Guido De León • Lo Reyes**

**Santiago Charuc • Dorothy Kethler**

**Edy A. Morales • Elizabeth López • Bo Chelette**

You can see all of the submissions at [fb.com/revuemagazine](https://fb.com/revuemagazine)

### ON THE COVER

"Comida increíble!" by Tobie Spears  
[guatemalanhumanitariantours.org](http://guatemalanhumanitariantours.org)

## DATEBOOK Cultural Events Calendar for November



Details for the

**DECEMBER**

**PHOTO CONTEST**

"Smiles of Guatemala"

and the

**JANUARY**

**PHOTO ISSUE**

## La Antigua Interactive Map



FOR MORE INFORMATION ABOUT THE INTERACTIVE REVUE

**[consultas@revuemag.com](mailto:consultas@revuemag.com)**

**PBX 7832-4619** (new number)

Corporate offices: 3a avenida sur #4-A, La Antigua Guatemala

For Business Listings, Information, Maps and Events Calendar **[TheAntiguaGuide.com](http://TheAntiguaGuide.com)**

# food and drink

restaurants, bars,  
cafés and diners







## ANTIGUA

Click on title to go to desired page

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**VET PRO** *veterinary clinic - English, Spanish, French spoken*

**ANTIGUA INTERNATIONAL SCHOOL** *Open House Admissions*

# SHOPPING

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## GUATEMALA CITY

**HOUSE & GREEN** *kitchen and restaurant supply*

# PLACES TO GO, THINGS TO DO AND FUN TO BE HAD

Click on title to go to desired page

## HOTELS - LODGING

### ANTIGUA

ANTIGUA HOTEL SOLUTIONS *several great hotels to choose from*

MESÓN PANZA VERDE *boutique hotel, art gallery*

### LAKE ATITLAN

JARDINES DEL LAGO HOTEL *you deserve to relax at the lake*

VILLAS B'ALAM YA *travel, tranquility, transcendence*

### HAWAII / MONTEERRICO

PLAYA PLANA *relax and enjoy at the pacific coast*

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HACIENDA TIJAX *ecolodge and marina - waterfront cabañas*

## TRAVEL - TOURS

### ANTIGUA

FILADELFIA COFFEE RESORT *farm and production tours, mountain bikes...*

### ANTIGUA - GUATEMALA CITY - QUETZALTENANGO

TURANSA TRAVEL AGENCY *tour packages, bus rental, shuttle service*





2nd Place Popular Vote "'Rellenitos' a mixture of flavor" Baja Verapaz by Edwin Xitumul

*"If more of us valued food and cheer and song  
above hoarded gold, it would be a merrier world."*

*—J.R.R. Tolkien*



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# From the Publishers

Welcome to our *9th Annual Food Issue*. Guatemala has wonderful national dishes, there are many tasty regional recipes which add another good reason to travel around this beautiful country.

As more people look for healthier food options, we are happy to introduce you to *Michelle B. Sultan*, founder of La Botica Verde. In this interview by Mindy Grantham, Michelle explains how working with local businesses and farmers can provide on-demand access to organic produce, natural cosmetics, ecologically-friendly cleaning supplies and zero-waste products.

The holiday season is rapidly approaching, so this month Chef and author Amalia Moreno-Damgaard presents us with *Joy in the Kitchen During the Holidays*. As she explains, “Cooking can be as easy as you want it to be, just take a little time to think about what you enjoy.”

Our thanks to the photographers who entered this month’s photo contest *Food in Guatemala* and congratulations to the winners of both the popular and judges’ vote. As always we received some excellent images. Next month the contest theme will be *Smiles in Guatemala*. And, photographers can submit their favorite Guatemalan photo for the *January 2019 Photo Issue*.

While many Latin American countries celebrate Dia de los Santos, *Fiambre* is unique to Guatemala. More than a food item, it is a symbol of Guatemalan love and community. We share with you this history of family and tradition on page 54.

Keep turning the pages and you will find a fantastic recipe for *Garifuna Tapado* using coconut milk and boat-fresh seafood, and we explore Expat Food Cravings while drones explore Lake Atitlán and the Pacific Coast giving us great video footage within this interactive magazine. Have a great November.

— John & Terry Kovick Biskovich

## Using the interactive features

As you turn a page you’ll notice some of the text/images are briefly highlighted. All you have to do is click or tap on them to enter the world of interactivity, including virtual reality tours. Double-tap on a page to zoom in. Click on a page to view highlighted content.

In the contents and advertiser index pages just click or tap on whatever subject you’re interested in and that’s where you’ll go. Videos will play directly in the page.





ANTIGUA INTERNATIONAL SCHOOL

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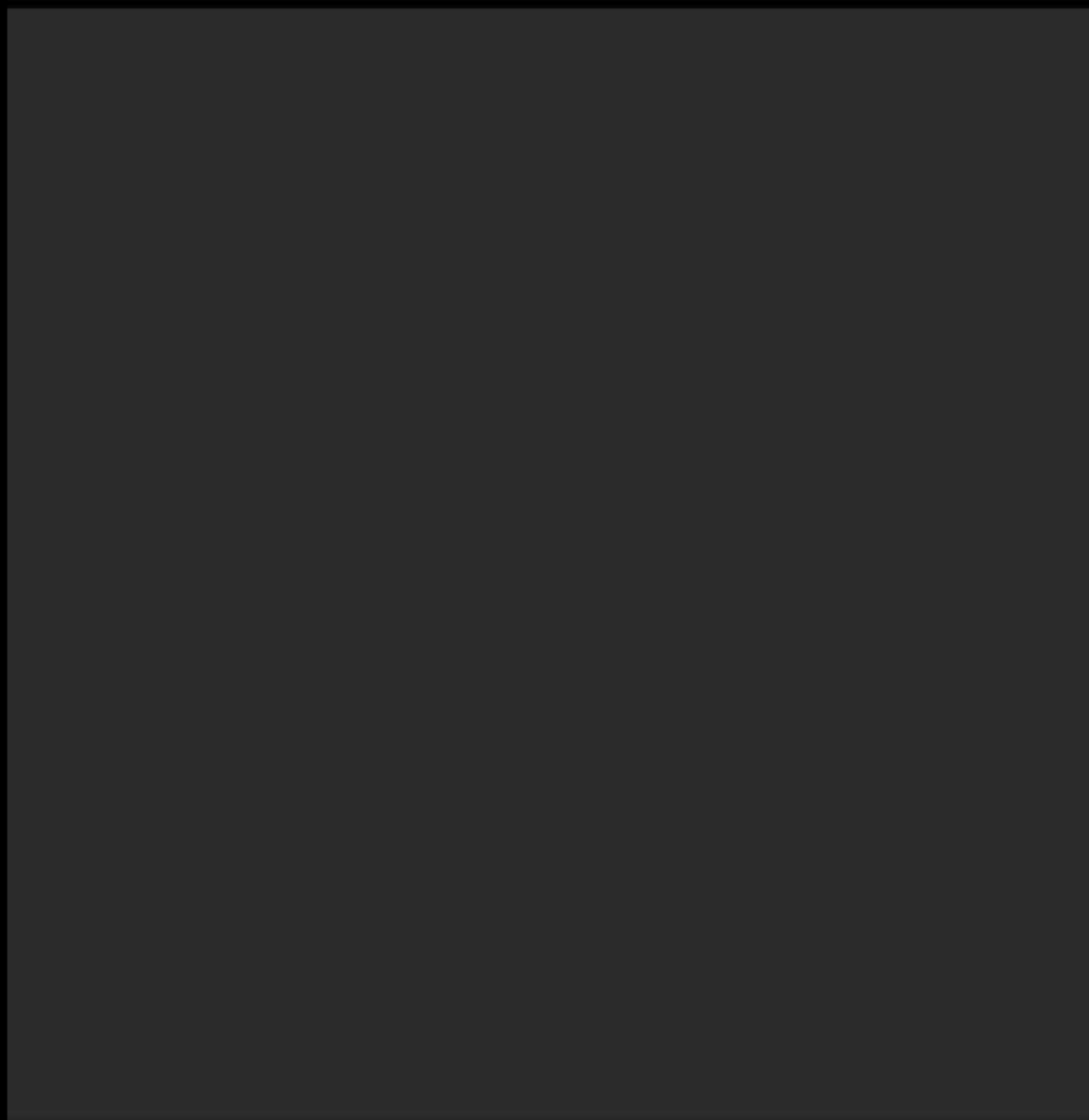
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## Amalia's Kitchen

text & photos by  
chef and author  
Amalia Moreno-Damgaard

# Joy in the Kitchen

## DURING THE HOLIDAYS

People sometimes tell me they feel that cooking is difficult or intimidating, especially if you put the word gourmet in front of it. I say cooking can be as easy as you want it to be, just take a little time to think about what you enjoy.

My philosophy in the kitchen has always been practical and healthy. Like many other people, I multi-task and quite often I resort to doing what's quick, delicious, and easy. What I find really helpful is to create what I call a kitchen map, sort of a Mise en Place, or a plan.

Planning is not just for business or big projects. It is beneficial anytime and especially during the holiday

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*Cooking can be as easy  
as you want it to be,  
just take a little time  
to think about  
what you enjoy.*

---

season when stress levels can increase because of family traditions and social gatherings.

When planning small, medium, or large get-togethers, the principle is the same. Start with the number of guests you will be serving, and then follow that with your menu plan.





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*If your goal is to prepare something special for your dear ones, take it seriously and have fun while doing it.*

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If you make a habit of sitting down at your kitchen table or counter to plan your menu and from here you create a shopping list, then what follows is how you will be serving that meal. My plan often includes thinking outside the box on how I will present the food, what dinnerware I use, and so on.

I am not always thinking about uniformity at the table, but rather to create something eclectic with a global flair. I opt for bringing elements together that include not just food, but dishes and utensils that may not necessarily be used for the purpose I choose. I think in terms of color and texture, and everything usually falls into place.

It's relatively simple for artistic minds, but it may be challenging for those who don't have this ability, so the plan becomes more important as it allows anyone to be competent in the kitchen.

Next time you plan your next soirée, think about minimizing stress for yourself. Making a plan may seem overly simplistic to some, but if your goal is to prepare something special for your dear ones, then take it seriously and have fun while doing it. With proper planning, you'll soon discover that you are able to enjoy the year-end festivities with family and friends even more.

Here's a super easy first course that is simple, elegant and straightforward to help your creative mind get started!

*Buen provecho!*







## BRAZILIANA

recipe by Chef Amalia Moreno-Damgaard  
(AmaliaLLC.com)

This salad can be modified according to your taste. You can start with the lettuce of choice plus other ingredients that you may prefer. You can also make the salad below into a main course by adding more ingredients and a protein such as grilled salmon or chicken.

### Serves 2

- 1 head Bibb lettuce, separated, washed
- 10 cherry tomatoes (red, yellow, orange)
- ½ cup celery hearts, finely chopped
- 1 avocado, pitted, in cubes
- 1 can hearts of palm, sliced
- Extra virgin olive oil for drizzling
- juice from ½ lemon
- Kosher salt and freshly ground black pepper

### Divide ingredients in half.

Assembly. Begin with the lettuce and layer the rest of the ingredients sparingly on top.

Add olive oil, lemon juice, kosher salt, and pepper to taste right before serving.



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3rd Place Popular Vote "Atoles típicos" Rabinal Baja Verapaz by Federico Roulet





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# **DATEBOOK**

NOVEMBER 2018

**Photography  
Celebrations  
Theater  
Classes  
Tours**

**Films  
Festivals  
Benefits  
Live Music  
Art Exhibits  
Workshops  
Conferences**



**Guide to culture and  
upcoming events**

[THEANTIGUAGUIDE.COM/CALENDAR](http://THEANTIGUAGUIDE.COM/CALENDAR)







## ART OPENING “QUEMADA” BY KURTIS BRAND - GALERÍA PANZA VERDE -

“Quemada” is dedicated to all who deeply suffered the fate of the eruptions. But apart from the central theme of the show, I also felt it important to share my feelings as an expat artist living life in a culture foreign to mine where so many things are new and have such great influence over my current body of work. The pieces made from pita plastica, pita maguey, the bronze masa sculpture and the volcanic ash pieces are all influenced by daily life in Guatemala.

This show is a deep bow of gratitude to the people, life and culture of Guatemala. And it is also a profound thanks to the contemplative teachings I have been fortunate to receive and practice so I may better understand the nature of existence and our place in this universe.

Kurtis Brand is a contemporary artist from New York now living and working in Antigua, Guatemala.

Brand has BFA's in both painting and design from Ohio University and The Maryland Institute College of Art.



[kurtisbrand.com](http://kurtisbrand.com)



[kurtis@kurtisbrand.com](mailto:kurtis@kurtisbrand.com)



[@kurtisbrand](https://www.instagram.com/kurtisbrand)

## AMERICAN SOCIETY OF GUATEMALA MEMBERS

### *Mixer*

### SAVE THE DATE!!!



Next activity for all members is a “mixer” in La Antigua. The inaugural opening of la Casa del Ron boutique Lounge & Bar, was October 8th, 2018. La Casa del Ron is on one of the most visited streets of Antigua and the building originally belonged to the chapel of the Hospital Real of Santiago, the first in the Americas. The building was constructed in the 17th century and for many years it was vestige quality, but was restored to what it is today, introducing a contemporary treatment to create a unique contrast in Antigua----a must see!

For more information on the mixer, contact:  
GAVIN KERN (Organizer)

**DATE:** Thursday, November 8th, 2018

**TIME:** 5:00 Pm

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# *The Messiah*

"THE MESSIAH" oratorio by G.F. Handel, celebrates its 15th year of performances and two very special events will be presented. This will be the most memorable, magical occasion for all that attend. Mark these dates now:

**Wednesday, December 5th, 2018**

**"Teatro Nacional de Guatemala" 19:30 - 22:30 hours.**

TodoTicket, Platea Q300, Balcon1, Q175, Balcon2, Q85.

**Thursday, December 6th, 2018**

**Hotel Casa Santo Domingo, Antigua, at 19:30 – 22:30 hours.**

Tickets available at **Joyeria El Angel and Hotel Casa Sto.**

**Domingo, Antigua. Preferencial Q400, General Q300.**

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All donations are directed to: **Asociacion Civil Arte Por La Educacion**, education for under-privileged students,  
z **Comite de Becas Mary Sue** and **Club Rotario Guatemala Vista Hermosa, Proyecto Cuenca del Lago de Atitlán.**



## OSCAR RIOS OCHOA "COFRADÍAS ANCESTRALES"

**L**a Antigua Galería de Arte proudly presents Guatemalan artist **Oscar Rios Ochoa** in a one-man exhibit "**Cofradías Ancestrales**" (**Ancestral Brotherhoods**); "Mysticism where ancestral, pre-Hispanic voices meet with colonial Christianity, giving rise to the greatest expression of the Mayan worldview."

The brotherhoods of Guatemala, a theme deeply rooted in the work of the artist, and in which he seeks to convey the sensitivity and respect that the contemporary Mayan culture has taught for generations; the ritual to wear the ceremonial dress, the protocols to carry the religious custodian, the silk scarves that do not allow direct contact with the commemorative antiquities, all the rigorous process that goes beyond the religious theme, is Mayan culture.

In this exhibition the brotherhoods of the Ixil, Tzutuhil, Quiché and Kaqchikel groups are emphasized. The Ixil

triangle, formed by Santa Maria Nebaj, San Juan Cotzal and San Gaspar Chajul, located in the north of the country, is one of the smallest surviving Mayan groups. On the other hand, Tzutuhil, Quiché and Kaqchikel are the ethnic groups with higher influence in their municipalities and the lands from Sololá.

This time, his terracotta sculptures have received a different kind of treatment as he has delicately integrated metallic details that are the equivalent to those actually used by the members of the brotherhoods throughout the indigenous pueblos of the country such, as the brotherhood scepter, the religious custodians and the ancestral necklaces.

**OPENING: Saturday, December 1st, 2018**  
**at La Antigua Galería de Arte**

**5ª Avenida Norte No. 29 by the Arch**  
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# La Antigua *Galería de Arte*

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1st Place Popular Vote "El Clásico" Quetzaltenango by Diego de León





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3rd Place Judges' Vote "My favorite meal of the year" by Joan Manuel Rodríguez Zea





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(for REVUE readers only)

# MICHELLE B. SULTAN LA BOTICA VERDE

by Mindy Grantham

**O**n a characteristically sunny day in La Antigua Guatemala I sat down with Michelle B. Sultan, the founder of La Botica Verde to discuss her plans for the company. As we sat at her office in Panorama sipping some delicious organic coffee, I could feel her excitement and energy – and caffeine was the last thing she needed!

**Q: What is La Botica Verde?**

La Botica Verde is a social enterprise that provides on-demand access to organic produce, natural cosmetics, ecologically-friendly cleaning supplies and zero-waste products. Order online before midnight Sunday and everything will be delivered fresh straight to your door on Wednesday! Every product in our store has been hand-picked upon order to ensure that it is the healthiest option out there that we could find. We make it easy for people to make better choices.

**Q: What is your mission?**

We are a no hassle, guilt-free, zero waste company that puts health first: the health of our clients, the health of our producers, and the health of our planet. All of our products are sourced locally, connect-



Founder Michelle B. Sultan

ing small farmers to new markets. We personally vet each farm to guarantee that our clients receive the freshest, highest quality, organic foods that they can trust.

**Q: How did you get the idea for La Botica Verde?**

My journey into agriculture started when I was working with farmers in rural Guatemalan communities in 2008. I couldn't understand how in a country that produces so much food we could have the worst child malnutrition index in the entire western hemisphere.





**“All of our products are sourced locally, connecting small farmers to new markets.”**

As I started doing research, I realized I had never grown anything myself! I started my first garden in 2009, and I fell in love with agriculture. It was around then that I also began experimenting a lot with cooking. Since my roots are Latin, Middle Eastern and European, I grew up in a household eating foods from around the world. My love for food made me realize that the key to amazing tasting meals is the quality of the ingredients.

My time in the U.S. also made me realize that we just don't have easy access to organics here in Guatemala. As I ventured deeper and deeper into the world of agriculture, I realized how important our food systems are to the survival of our species.

The way we are doing agriculture right now is utterly devastating. Our food systems need to be in harmony with our ecosystems. This is where organic ag practices come in. Not only do these systems pro-

duce healthy, nourishing, incredibly tasting foods, they can also help producers and their families have a better quality of life and preserve our natural resources for future generations to come.

For me, La Botica Verde is a trifecta — it's a win for the consumers because they're eating delicious, nutritious foods and using ecologically-friendly products; it's a win for the small producers because they have a new market that pays livable prices — and it's a win for our environment.

#### **Q. Why the name La Botica Verde?**

In short, if you will, we're a Green Pharmacy. In the past, pharmacies were known as “boticas” — this was back when the pharmacists would prescribe medicine for what was ailing people. And of course, verde means green in Spanish so this is



**“I consider the food we eat as our health insurance.”**

what most of us imagine when we think organic foods. That, and also the Green Movement. I’ve always liked the Hippocrates quote, “Let food be thy medicine.” That’s the idea behind the name – food is our medicine.

**Q: How have your customers reacted to La Botica Verde?**

Our customers have been thrilled with the service. We work with Kassia, a holistic chef and nutritionist and this is what she has to say about us: “I buy organic because I believe it is the most ethical and responsible choice we can make as consumers for our health, the environment, and our local community. It makes me happy to know that neither myself nor the farmer, were exposed to harmful chemicals or pesticides. I consider the food we eat as our health insurance, so why not invest in clean food that will

nourish us, prevent disease, and create a sustainable future for our children.”

Other customers talk about how easy the website is to use and how they can place their weekly orders in less than five minutes. Our expat customers are especially happy that they’re able to find organic products in Guatemala and how convenient it is to have them delivered straight to your door. And we’ve had a lot of comments about how the food is incredibly fresh and tastes so much better.

**Q: How have the producers reacted to the service?**

They’ve been happy with the service too. We’re still small, producers can see that we’re growing. By placing weekly orders, the farmers have more consistency and stability, which gives them the opportunity to plan better, not only for the farm but for



their families as well. The fair pricing allows them to earn a livable wage. It's also easier for them because the pricing is fixed, and they can deliver to one location. We've created a market for them that they wouldn't be able to reach otherwise.

**Q: In your opinion, why should people eat organic food?**

According to USAID, Guatemala is one of the most ecologically diverse nations on the planet, with 14 different eco-regions and great biological and cultural diversity. Guatemala has the largest forested area in Mesoamerica and the second largest contiguous forest in the Americas after the Amazon,

but these areas face threats related to habitat loss, deforestation, over-exploitation of natural resources and environmental contamination. In addition to these threats, Guatemala is vulnerable to the impacts of climate change.

Food that's grown using conventional agricultural practices is not as nutritious as it was in the past because the earth has been depleted of nutrients. Crops are also fumigated with agrochemicals that can be harmful to our health. According to a study by Newcastle University, "conventionally-produced crops contain 18-69% fewer antioxidants, are four times as likely to contain pesticide residues, and have, on average 48% higher concentrations of heavy metals (including cadmium) than organically-produced crops."

**"Our customers are especially happy to find organic products and have them delivered."**





## **“Foods grown using organic standards are better for our health and the health of our planet.”**

Conventional farming practices are also devastating to our planet, leading to the contamination of natural resources and biodiversity loss. Producers working in these farms tend to be paid less than minimum wage and are often exposed to hard, and even dangerous, working conditions.

People should care about eating organic because foods grown using these standards are better for our health, for the health of the producers, and the health of our planet.


The produce that comes from plots with increased soil fertility are more nourishing, and the taste is fantastic!

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# 1st Food Lab at The Garden

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**L**a Botica Verde hosted its **1st Food Lab at The Garden** with guests Annie & Felix on Saturday October 13, 2018. The event featured craft beers from **Antigua Brewing Company** and locally-grown coffee from De La Gente. Annie & Felix cooked up a delicious brunch menu showcasing local, organic ingredients provided by La Botica Verde. The menu included hummus with sautéed mushrooms, ajvar (roasted red pepper & eggplant), buffalo ham, goat cheese, pickled mustard seeds, quiche with kale & spinach, pain perdu (french toast) with berries & ice cream, and an assortment of their famous sourdough breads. It was a fabulous Saturday afternoon surrounded by good company and fun summer vibes.

**Stay tuned for La Botica Verde's next Food Lab** which will feature a new guest chef and microbrewery at The Garden sometime in late November.





*"Homemade Delicacies" San Pedro Yepocapa, Chimaltenango by Santiago Charuc*

*"Food, to me, is always about cooking and eating  
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# FIAMBRE

## A History of Guatemalan Family and Tradition

To appreciate fiambre, you need a brief history lesson. It is the middle of the eighth century. Until this time, All Saints Day was celebrated on May 13 and experts believed that rituals were deeply rooted in a similar pagan celebration, Feast of the Lemures, a day when evil spirits were mollified by Earth-dwellers. Pope Gregory III consecrated a new date (Nov. 1) and reaffirmed the significance we presently associate with All Souls Day – a time to be with loved ones no longer with us.

Fast forward about 800 years. All Souls Day has taken root throughout Central and South America,

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While many Latin American countries celebrate Día de los Santos, fiambre is unique to Guatemala. More than a food item, it is a symbol of Guatemalan love and community,

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with similar rituals performed country to country. On Nov. 1, Día de los Santos, and Nov. 2, Día de los Muertos, families and friends come together in cemeteries and gravesites to remember those departed. Graves are cleaned and maintained, memorabilia and flowers are placed beneath freshly touched-up tombstones, prayers are recited and relatives share memories and anecdotes about loved ones. It is a time for family and it is a time for sharing. Fiambre symbolizes both.

The legend of fiambre's inception goes something like this: Families tending gravesites would bring food — generally something their loved one enjoyed — and share a meal together, reigniting the connection with the departed. And, as Guatemalans are incredibly warm and friendly people, one family shared their dishes with their neighboring gravesite family, and



Fiambre for All Saints' Day, photo by Dorothy Kethler

Opposite page "Flavorful Fiambre", photo by Edy A. Morales










Comida Guatemalteca servida al Estilo Guatemalteco, photo by Elizabeth Lopez. Casa de los Gigantes.

that family in turn shared with their neighbors ... you get the idea. Finally, all these dishes combined into one — *fiambre*.

*Fiambre* is a cold salad. It is typically made with an average of 50 ingredients known to include pork, chicken, shrimp, cured meats, cheese, pickled vegetables, onions, *pacaya* flower (an under-the-sea looking bud that grows on palm trees native to Guatemala) and a dressing made from mustard and vinegar. While there is no one recipe for *fiambre*, there are several popular categories that serve as guidelines for preparation. *Fiambre rojo* is made with beets while *fiambre blanco* is without beets. *Fiambre verde* is vegetarian friendly, while *fiambre desarmado* keeps all of the ingredients separate allowing you to mix and match based on personal taste.

While many Latin American countries celebrate *Día de los Santos*, *fiambre* is unique to Guatemala. More than a food item, it is a symbol of Guatemalan love and community, a melting pot of traditions and locations and methods and people. It symbolizes kinship — recipes, often specific to an individual family, are handed down generation to generation. It brings all family members together in the kitchen, each expected to contribute to the preparation days in advance by supplying several ingredients, slicing and pickling vegetables, grilling meats, etc. *Fiambre* is deeply rooted in the past while constantly adapting with each new generation, like Guatemala itself in many ways. 

by Natalie Rose



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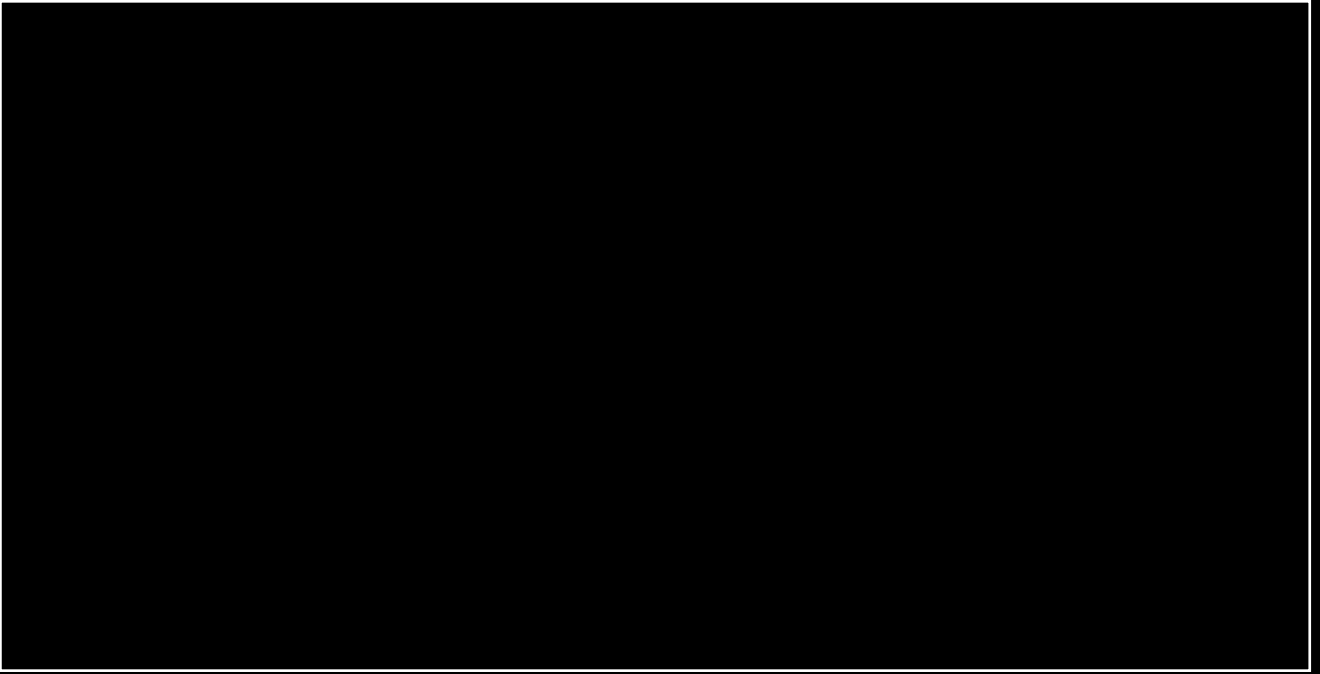
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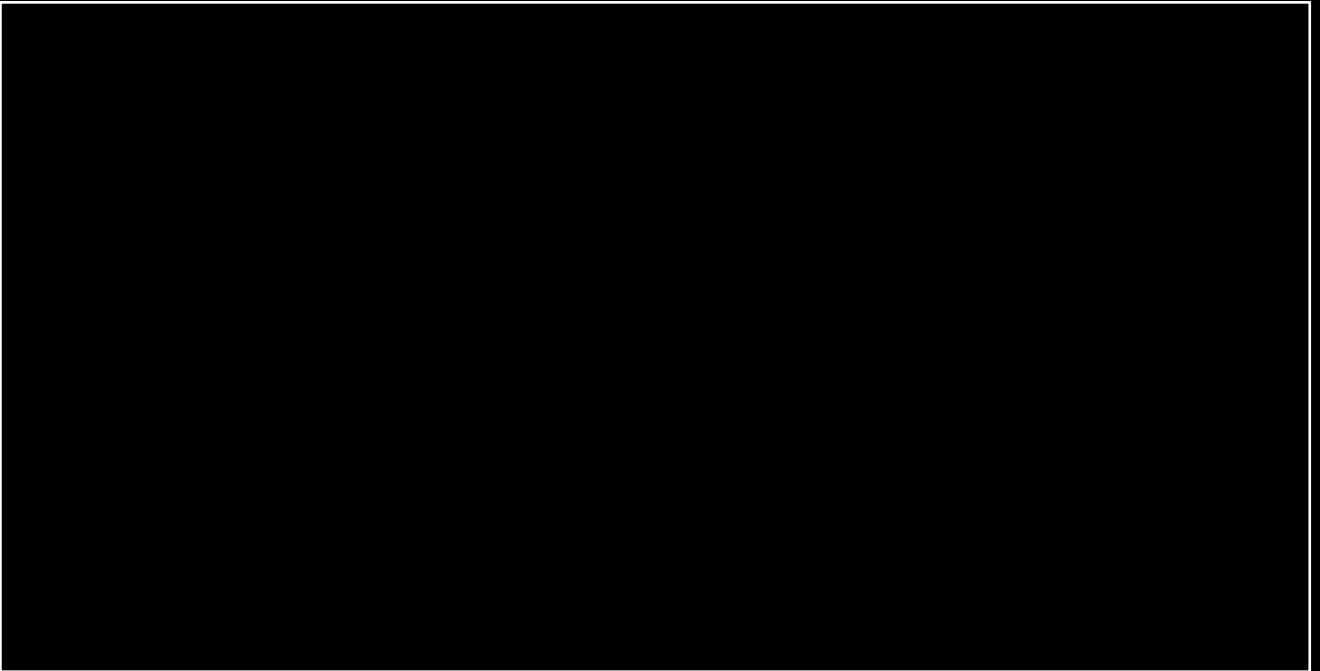
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# FEATURED VIDEOS, GUATEMALA

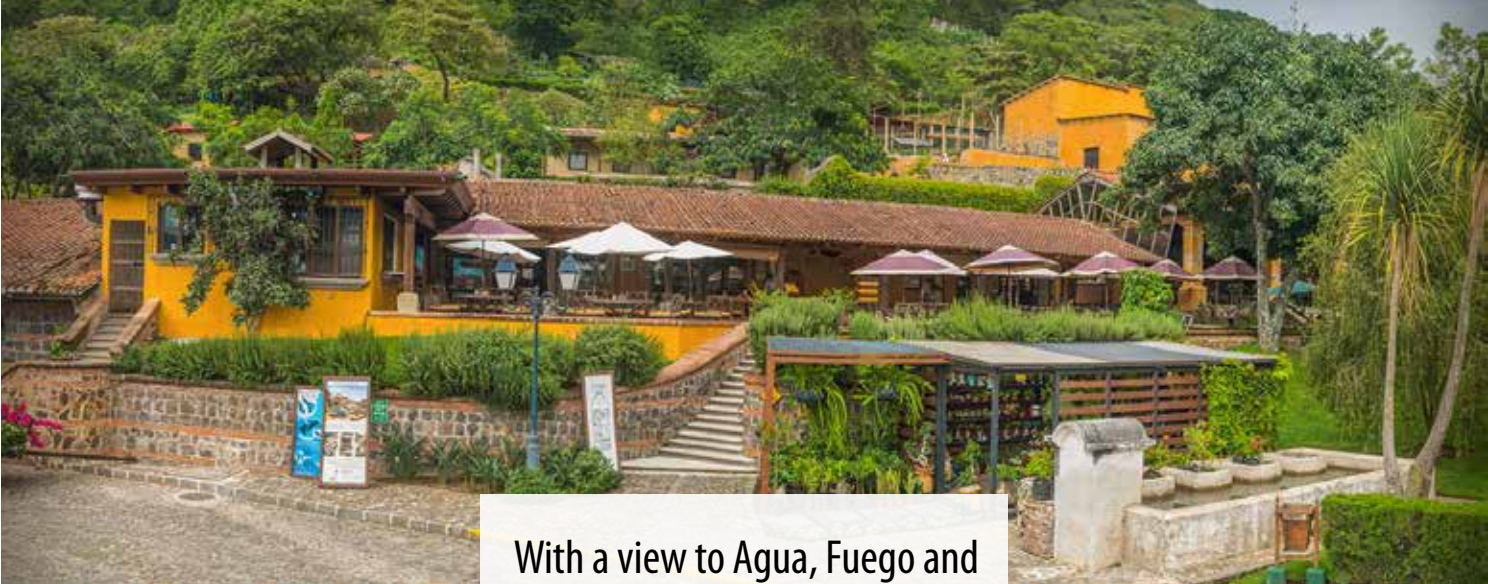
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# Expatriate Food Cravings

Ask any extended traveler or foreign national what s/he misses most from home and food is almost certain to top the list — at times beating friends and family into first place.

I know England is not exactly the gastronomic capital of the world, but there are occasions when I yearn for the most mundane culinary items from back home.

I miss curry, cider, Cadbury's chocolate, marmite and a cereal that won't spark diabetes. As a fussy tea drinker, I consider sipping Lipton Yellow Label to be a punishment, so as soon as anyone mentions coming out to visit I send a grocery list — with Twinings English Breakfast Tea starred at the top. Friends have carted tubs of hot chocolate for me from Bolivia, and others have kindly kept their clothing to an absolute minimum to fit in my requests, for there really is no substitute for comfort food.

Here are a few other treasured cravings from expats in Guatemala:

**Silvia** (Argentina): "Coming from Argentina, it doesn't come as much of a surprise that one of the things I miss most from back home is red meat. I miss entrana asada cooked on a parrilla and eaten at a noisy table with friends and red wine. And it's not a party unless you have Fernet (a bitter Italian liquor) and Coke. Although I don't miss it that much, every time I skype with friends who are drinking mate (a tea-like beverage), something in my brain asks me why I'm not doing the same. Then there are those things that you don't realize how much you miss until you see them again. A few months ago, an Argentinian friend gave me some 'havannets' (chocolates), and I almost cried with happiness."

Frikandellen





**Arnout** (Netherlands): “I really miss our junk food, such as chips with mayo, curry-ketchup and chopped onions, frikandellen and kroketten (typical Dutch deep-fried snacks). However, a friend of mine here in Guate actually makes them and they’re brilliant! We usually get a few Dutchmen together and have a munch session with beer and Dutch music. I’ve just been back to the Netherlands after 2½ years and I took an extra (foldable) suitcase with me, which I filled with all kinds of Dutch goodies.”



Soft Pretzel

**Alycia** (United States): “I really miss soft pretzels, and when I tried making my own here, I wasn’t aware of how to adjust the leavening ingredients for high-altitude cooking, so they almost exploded. The first time I went to a decent restaurant and ordered something that contained sausages, I was surprised to find cut-up hot dogs in my gourmet dish. Other things that I used to order at restaurants, which I can’t find here, are toasted ravioli (a St. Louis favorite), Scotch eggs, fried pickles and finally, Italian beef with all its cheesy gooiness and hot peppers.”

**Asmena** (Kenya): What I miss is a wider variety of lentils and pulses. Not just the frijol negro, but split mung beans with skin (or even without skin), adzuki, black-eyed peas, split yellow lentils, split red lentils,

toor dal (split pigeon peas) and chana dal ... to name but a few! These wonderful little power houses, eaten with a cereal such as rice or tortillas, create a very tasty balanced meal. I also miss lamb — although it is now available at exorbitant prices. A good traditional lamb, beef or chicken donair or charwarma would be awesome!”

**Aleksandra** (Poland): “I miss some fruits like gooseberries, sweet cherries and blackcurrants — although in Guatemala I have discovered a lot of new ones, so it somehow recompenses. I miss soups; we prepare hundreds of different types, and my favorite one is made from soured salted cucumbers (you can’t buy those here). But I have discovered repollo acido, which you can buy to make bigos, a very typical Polish dish.”



Gooseberries



Australian Meat Pie

**Beck** (Australia): “Even though I haven’t lived in Australia for the past six years, I still miss the traditional meat pie, a popular savory snack with minced meats and gravy inside a delicious pie crust and topped with tomato sauce. In all my travels I have never seen them quite like the ones they make back home, so it’s always on my list of foods to eat when I go back to visit.”

**Tomas** (Czech Republic): “We lived in Manhattan for 20 years before moving to Antigua and, like in Manhattan, new restaurants are always opening up. But, unlike in Manhattan, many of them deliver to your door. There is so little to miss here. The plentiful supermarkets in Guatemala City and the fabulous Antigua market stock just about everything you would want to cook that you might miss here. Just this week I was a guest at a luncheon for 15 in someone’s house and I brought them German potato salad. They made Bohmischen rouladen, which in Germany are called ‘Czech ruladen,’ but in Czech are called ‘Spanish birds.’ The week before we had 20 people over for an Indian pot-luck dinner and everyone cooked something. What is there to miss from home?”

**Terry** (United States) “I grew up in a melting pot of incredible ethnic foods: lavash, Basque bread, regional Chinese food, pierogi, stuffed cabbage, matza nitza, Italian sweet torta made with pine nuts and spinach.”

**Kira** (India): “My absolute favorite dish from my motherland is idli sambar. It’s a breakfast food and one that is virtually impossible to duplicate here (although I did bring some idli flour in my suitcase and it’s almost gone). Idli sambar are super yummy rice cakes that are steamed and served with a savory sambar stew. Recipes vary by region and family; however, I make mine with chana daal (large split yellow lentils), urad daal (black lentils) and additional spices. Once you adopt this for your breakfast, even tortillas and black beans leave you wanting more.”

So, what is a food-craving expat to do?

Globalization has not yet managed to homogenize taste buds, but it has given us some solutions. If you are a good cook, you can try being creative, or if you aren’t, you can ask for food parcels from back home. You can schedule indulgence trips, search for good substitutes, or contact one of the handful of online stores that specializes in reuniting salivating expats with their cravings.

Whichever way you satisfy your culinary cravings  
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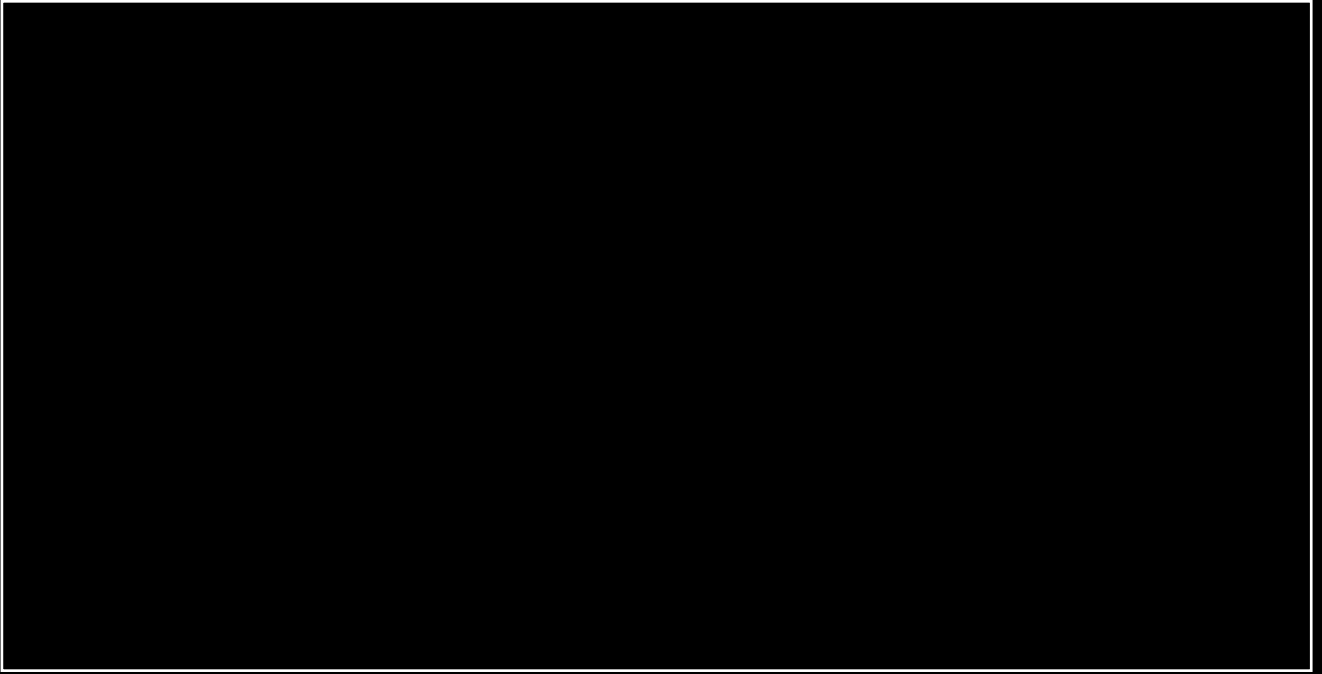


Idli Sambar



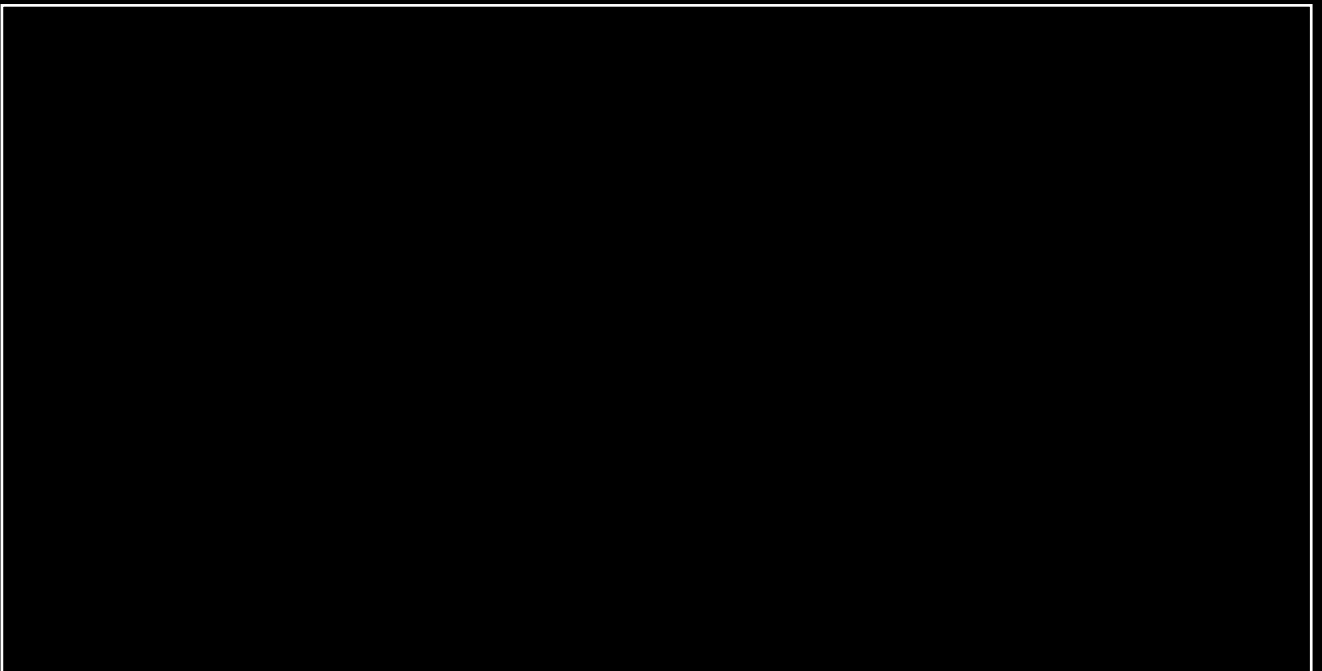
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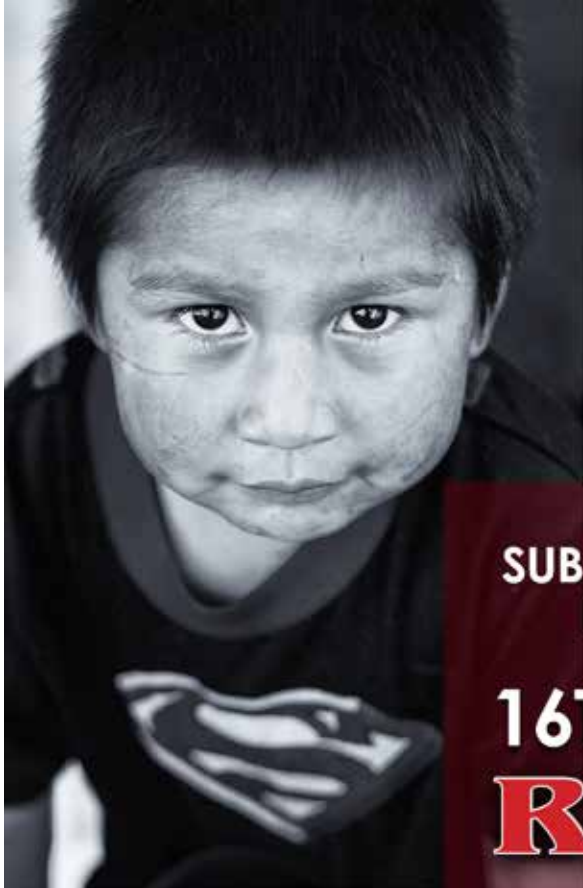
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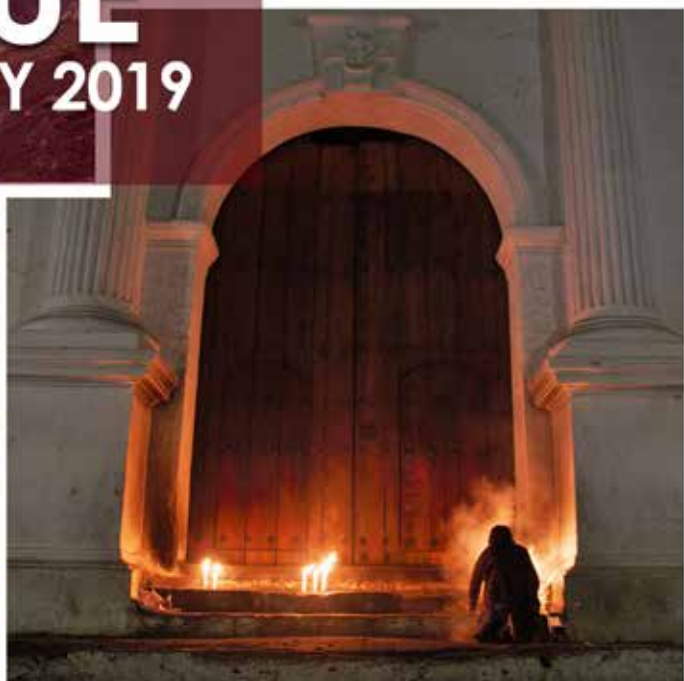


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# ALERT TO ALL PHOTOGRAPHERS

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# ATENCIÓN FOTÓGRAFOS

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# REVUE



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Coconut milk and boat-fresh seafood highlighted  
in the Garifuna's most beloved dish.

**W**ith an abundance of impossibly fresh seafood and locally grown, tropical produce — from bright green plantains to coffee-brown coconuts — it is no wonder food on Guatemala's Caribbean coast is distinctive from platos típicos found on the interior. Aside from ingredients, the significant culinary influence at the Río Dulce and surrounding areas comes

from a community of people self-identified as Garinagu but commonly known as Garifuna. The Garifuna are proud Carib peoples, descendant from a South American indigenous community, the Arawak, and African slaves brought over by Spanish ships as early as 1635. Today there are thought to be about 100,000 people who identify as Garifuna, living mostly in Caribbean-bordering countries and islands, but as far



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One of the more popular Garifuna dishes, consisting of Seafood, bananas, and plantains all swimming in a spicy, coconut milk-broth.

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away as New York City. They have preserved strong Afro-Caribbean traditions passed down to new generations through dance, drum music, artisan crafts and of course food.

Tapado (ta-paa-do) is one of the more popular Garifuna dishes, consisting of seafood, bananas, and plantains all swimming in a spicy, coconut milk-broth. Many restaurants and local stalls sell this fragrant concoction in Livingston, where Guatemala's largest population of Garifuna resides. If a trip east is not in your plans, try out the recipe below to bring the flavors of the Caribbean to your kitchen. But Garifuna National Day is **November 26th**; this celebration of Garinagu heritage and culture is where you are sure to find tapado and other traditional foods sold by the buckets. However you come by it, tapado will quickly become as vivid in your Guatemalan memories as tortillas or frijoles volteados. Enjoy!

## Garifuna Tapado

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Total time: 40 minutes  
serves 4 generously

1 tablespoon canola oil  
2 cloves garlic, minced  
1 tablespoon ginger, minced  
1 medium onion, diced  
1 red bell pepper, diced  
1/2 teaspoon ground annatto or achiote paste  
1/2 teaspoon dried oregano  
1/4 teaspoon black pepper

2 cups coconut milk  
2 cups chicken broth  
2 teaspoons salt (or to taste)  
1 bay leaf  
6-8 small boiling potatoes, halved  
1 green banana, sliced  
1 very ripe plantain, sliced  
1 large tomato, large dice  
4 blue crabs  
8 large shrimp, deveined  
8 ounces white fish, like halibut or tilapia, cut into two-inch cubes  
2 tablespoon cilantro, chopped for garnish



photo by Katrin Neuhaus

In a large pot, sauté garlic and ginger in oil over medium heat, about 1 minute. Add onion and pepper; sauté for 3-4 minutes, or until onions develop color. Add spices (not salt) and cook for 1 minute. Add coconut milk, broth and bay leaf; bring to a boil. Add potatoes and green banana and cook on medium-high heat until almost tender, about 10 minutes. Turn down heat and add plantain, tomato, and seafood; simmer until everything is cooked through, about 5 minutes more. Turn off heat, stir in half of the cilantro. Ladle into bowls and serve hot with cilantro garnish. **13**

by Natalie Rose

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