The Beauty of Guatemala
On the Cover
1st Place Judges Vote “untitled” Volcán de Tajumulco by Tomás Elías Hernández

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PHOTO CONTEST
JUNE, 2020
“Guatemala Indoors”

On the Cover
1st Place Judges Vote “untitled” Volcán de Tajumulco by Tomás Elías Hernández

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In Loving Memory of

THOR JANSON

Navigator, Photographer, Adventurer, Activist, Author, Ecologist, Philosopher, Friend

To those of you who knew him, we all have amazing anecdotes to remember him by. To those of you who would like to know more about him, simply google “Thor Janson” and you will be impressed with his accomplishments, his photography, his books and ideas. ...more

AMALIA’S KITCHEN

Amalia Moreno-Damgaard

GUATEMALAN SAZÓN

Sazón (the right seasoning) is crucial in any cuisine, and it depends on the skill and taste of the cook. Many of us learned the ropes in the kitchen at home with our grandmothers and mothers, and this influences our cooking style and taste preferences. The soul of the kitchen is indeed sazón and it depends on the proper orchestration of spices and other seasonings. ...more

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From the Publishers

The lockdown continues. Plans cannot be made for starting up most businesses yet. Uncertainty is the norm. We will get through this, the question is when? We hope all of you are staying safe and healthy.

This month again, we would like to offer information about changes our advertisers’ have made regarding their hours and availability. Of course, most hotels, travel services and other businesses are closed still. Check with your favorite restaurants to see what they offer for take-out or delivery. Many of our advertisers can be contacted through their websites or Facebook pages.

Our Photo Contest theme this time was “The Beauty of Guatemala.” All of the great photographs that were entered have been published here. The theme for the upcoming Photo Contest is “Guatemala Indoors (dentro)” -- it seemed appropriate.

Author and Chef Amalia Moreno-Damgaard talks to us this month about Guatemalan Sazón. The right seasoning for the right dish. She also includes a tasty recipe for Subanik.

We pay a special pictorial tribute to a friend and protector of Guatemala’s ecosystem, who passed away in April. Thor Janson was an Adventurer, Photographer, Author, Activist, Philosopher and Ecologist. His incredible photographs of the majestic Quetzal bird are unmatched. His energy will be truly missed.

Good luck to everyone in these strange days.

— John & Terry Kovick Biskovich

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We would like to recommend the work by these young and exciting artists that have enriched our lives and we hope that their work would enrich yours as well.

Sergio Alvarado, previously a traditional weaver, has developed from impressionism a self-named style called Tipiquismo, which celebrates...
the rich colors and wonderful landscapes of Guatemala; the lavish lyricism of the world of Guillermo Maldonado sometimes leads us to the surreal, but always reminds us where we are; Juan Francisco Yoc lures us into peaceful contemplation through ephemeral portraits and; César Pineda Moncrieff which is a poetic artist and his themes often explore the nature of consciousness in creative ways.
“Niña Buho” Santiago Sacatepéquez
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Sazón (the right seasoning) is crucial in any cuisine, and it depends on the skill and taste of the cook. Many of us learned the ropes in the kitchen at home with our grandmothers and mothers, and this influences our cooking style and taste preferences. The soul of the kitchen is indeed sazón and it depends on the proper orchestration of spices and other seasonings.

To acquire authentic Guatemalan-tasting dishes, it is best to choose the proper ingredients and seasonings or finding suitable substitutes if you don’t live in Guatemala. The spices and seasonings used in Guatemalan cooking correspond to the style of the cuisine, traditional (Mayan-Spanish), home cooking (Spanish-Mayan) or Garifuna (Afro-Caribbean). Taste testing can be a good way to identify substitutes for harder-to-find ingredients or finding cuisines with ingredients with close proximity to Guatemala’s, such as Mexican or Salvadoran.

Basic ingredients in Guatemalan cooking are onions, garlic, tomatoes and tomatillos, as well as varieties of squash, corn, beans and rice. Garifuna fare includes coconut, yucca and plantains to flavor stews and other dishes. Typical spices, herbs and seasonings in traditional cuisine are dried and fresh chiles, various dried and fresh herbs and dried and fresh seeds, in addition to dried and fresh flowers. Large Guatemalan mercados (markets) are a feast for the eyes with their wide variety of fruits, vegetables and spices. Outside Guatemala, it can be challenging (but not impossible) to find the right ingredients. Fortunately, many foods are now available online or at local specialty stores. With the continuing growth of the Latino population in the U.S., it is easier to spot the right ingredients...
or close substitutes by shopping at Latin markets.

The most common seasonings in Mayan stews are dried chiles, such as guaque, pasa, ulute (or cobanero), and zambo to a lesser extent; and fresh chiles, such as chiltepe (used for spicy sauces), guaque (for chiles rellenos), bell peppers (for salads, sauces, soups and stews), and habaneros in Garifuna food. Fresh herbs like culantro (cilantro), zamat (wild cilantro), mint, parsley and epazote (a wild, earthy and pungent herb), used alone or combined, give stews a distinctive touch, but aromatic spices, such as cumin, allspice, cloves, anise, canela (cinnamon) and black pepper, give each cuisine its definite character. The duo thyme and bay leaves, or the trio thyme, oregano and bay leaves, are common in home-style cooking with a heavier Spanish influence. Thyme, ginger and curry flavor some Garifuna cooking.

Despite the wide use of dried and fresh chiles, Guatemalan cuisine is not spicy, but rather tasty, fresh, colorful and for the most part mild because spicy sauces and salsas are often served on the side. Mayan stews have spicy overtones and usually pair well with plain corn masa tamales or rice and provide balance, soften spiciness and help absorb delicious recados (sauces). Flor de ayote (squash blossoms) along with pito (added to black beans), izote (yuca flower) and loroco buds (for empanadas and chicken) are fresh flowers used in cooking, while manzanilla (chamomile) and rosa de Jamaica (hibiscus sabdariffa) are dried flowers that traditionally make delicious hot or refreshing frescos (drinks) with taste similar to cranberry.

Dried seeds like pepita de ayote (pumpkin seeds)—as well as dried peppers—are first roasted (and sometimes smoked as done with chile cobanero) on a dry comal (clay griddle) to heighten the flavor and then ground to use on cut-up fresh fruit along with lime and salt. In Guatemala you often see this sold on street carts. Both roasted pumpkin and sesame seeds go alone or together in recados (salsas) for tamales and Mayan stews such as pepián, mole and others. Achiote gives color and not flavor or aroma to dishes. A little goes a long way, and the pasty seeds from the achiote pod produce a light or deep orange tinge, depending on the amount used. Dried or fresh achiote seeds are sold at mercados and supermarkets in Guatemala, and the paste keeps in the freezer for several months after the package is opened. Use fresh achiote paste as is, or steep the seeds in medium-hot oil first.

This Mayan stew (see recipe) is not only delicious, nutritious and easy to make, but it also incorporates many of the ingredients and seasonings highlighted above. Like American chili, Guatemalan stews taste fantastic the first day, but even more scrumptious the next day.

¡Buen Provecho!
**SUBANIK**

*Pork and Chicken Stew*

By Amalia Moreno-Damgaard (AmaliaLLC.com)

**Subanik** is a traditional hearty stew from Chimaltenango, located about 35 miles west of Guatemala City. It is scrumptious and easy to make. It is a perfect one-dish meal for a gathering. This delicious, velvety red stew goes well with *arroz Guatemalteco* (Guatemalan vegetable rice) and *tamalitos de queso* (fresh cheese mini-tamales in banana leaves), which provide a break between spicy bites.

**Serves 4 people**

3 skinless, boneless chicken thighs, cut into 2-inch pieces  
1/2 pound pork butt or shoulder cut into 2-inch pieces  
Kosher salt and freshly ground black pepper  
1 tablespoon canola oil  
2 cups fat-free, low-sodium chicken stock  
1 cup quartered Roma tomatoes (about 2 large tomatoes)  
1/2 cup husked, quartered tomatillos (3 to 4 large)  
1 small yellow onion, quartered  
2 large garlic cloves, peeled  
1 1/2 cups seeded, chopped red bell peppers  
1 guaque (guajillo) chile, seeded  
1/2 pasa (ancho) chile, seeded  
1/2 zambo (mulato) chile, seeded  
2 corn tortillas, torn into pieces

**Sazón (Seasonings)**  
1 teaspoon ground achiote dissolved in a little water  
1/4 to 1/2 teaspoon dry thyme  
1 bay leaf  
1/2 teaspoon cobán chile powder (or piquín or árbol powder)  
1 teaspoon kosher salt  
Freshly ground black pepper

**Adorno (Garnish)**  
Chives or sautéed julienned red bell pepper

Season the chicken and pork with salt and pepper. Brown the chicken and pork together in the oil, in a large deep skillet over medium heat. Transfer the chicken and pork to a dish and keep them warm. Save the oil and fat left in the skillet for panfrying the sauce.

In a medium pot, combine the chicken stock, tomatoes, tomatillos, onions, garlic, peppers, chiles and tortilla pieces. Bring to a quick boil, reduce heat, and simmer covered until all the ingredients are soft (15 to 20 minutes). Using an immersion blender (or a regular blender after cooling slightly), purée the mixture to a fine consistency.

Use all or some of the oil and fat left in the skillet to panfry the pureéd sauce over medium heat. Add the achiote, thyme, bay leaf, chile powder, salt and pepper. Put the chicken and pork back into the skillet and simmer, covered, for about 15 minutes. Taste and adjust seasonings, if needed. The sauce should have the consistency of ketchup. If it’s too thin, cook it a bit longer to thicken it. If the sauce is too thick, add a little stock or water.

**Amalia Moreno-Damgaard** is an award-winning bestselling chef author born and raised in Guatemala City currently living in the Twin Cities. She provides individuals and companies with a taste and understanding of Latin cultures through healthy gourmet cuisine education, consulting, bilingual speaking and writing and fun culinary experiences.

Her cookbook “*Amalia’s Guatemalan Kitchen-Gourmet Cuisine With A Cultural Flair*” has won 9 international awards. [AmaliaLLC.com](http://AmaliaLLC.com)
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“Untitled”
La Antigua by Marleny Burrion
“Visto desde Santa Catarina Palopó”
Lago de Atitlán by Mario A. Martínez Berducido
“Cuando el cielo y la tierra se alinean”
Panajachel by Angel Giovanni Morales
“El cielo mostrando su belleza”
by Gabriel Alarcón
In Loving Memory of

Thor Janson

Navigator, Photographer, Adventurer, Activist, Author, Ecologist, Philosopher, Friend

Oliver Thor Janson/Bushman Ollie/Thor was a friend of mine, and one of the most interesting characters to ever come into my life. I affectionately called him Jungle Boy and he had several funny names for me over the years.

To those of you who knew him, we all have amazing anecdotes to remember him by. To those of you who would like to know more about him, simply google “Thor Janson” and you will be impressed with his accomplishments, his photography, his books and ideas.

On the following pages I have laid out a handful of his thousands of incredible photographs in homage.

He will truly be missed and I am saddened that our hours-long conversations are at an end. —JB
First seen in Guatemala in 1973, Thor became a common jungle personage. Like Lord Grey-stoke, he was suckled by the wild beasts, crowned his head with the iridescent feathers of quetzal, and drank directly from the fountains of origin. Navigator, explorer, biologist, photographer, author, synergetic geometer, he walked in boustrophedon the four cardinal points, leaving testimony of his path everywhere."

—Sensei Manuel Corleto
It was during this, his first trip around the world in 1973, that Janson visited Guatemala, where he lived for a time with a Kaqchikel Indian family in a dirt-floor hut by the shores of Lake Atitlán. “These humble Mayan people taught me that happiness cannot be bought with money; happiness is a quality of the spirit.”

Janson continued around the world, sailing to the most remote islands of Polynesia, working in New Zealand, trekking across Africa and Asia and finally returning to California. “I knew within minutes of stepping on American soil that I would not stay there. It was just too civilized. I guess I had gone native somewhere in the jungles of Mesoamerica. But where would I go? I remembered the happy times I had spent with the Maya in Guatemala and was determined to return.”
A few of Thor’s articles to enjoy

Shamanic Rituals and the Power of Belief

Maya Princesses
Rabin Ajau: The paramount indigenous cultural event of the Mayan world

The Magic World of the Lacandón Jungle

Maximón: Mayan Patron Saint is an enigma

Thor’s Biography from 2010
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“Guatemala te pertenezco”
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“El chuchito de la feria”
Cahabón Alta Verapaz by Terencio Tiul Fernandez
“Lo que hace falta” Playa El Paredón
by Lucas Villacinda Alvarado
“La Estética en la Naturaleza”
Huehuetenango by
Mariacely Berdúo Morales
“Hermoso anochecer”
Cuilco, Huehuetenango by Heiky Analí Sales Morales
“Ciudad de Antigua Guatemala” by Karla Pineda de Paz
“Dawn / Amanecer” Mirador de Juan Dieguez Olaverri by Lucía Cáceres

“Un momento místico” by Bo Chelette
“Guatemala tu belleza natural”
Atitlán by Carlos Francisco Hernández
"Untitled" Santa Catarina Pinula
by Kenneth Alamilla
“Birthday Voyage” Volcán de Acatenango
by Pablo Perez
“Los Cuchumatanes”
Huehuetenango by Hugo Rodriguez
Third Place Judges Vote “I’m staying home now ... because I want to see you later / Me quedo en casa ahora... porque te quiero ver después” Panajachel, Sololá by Lo Reyes
We invite you to participate in our MONTHLY PHOTO CONTEST for June 2020 with the theme: GUATEMALA INDOORS.

Please send ONE (1) HIGH RES photo with caption/location and your name & website for the credit line to: photos@revuemag.com

More information at: revuemag.com

Submissions entered by the 15th of may will be eligible.

Photos in this ad are from previous contests by: Bessie Byrne, Evelyn Gómez/Jude Fotografía, Edurne González, Tania Hurtado, Joshua Nv and Daniela Montenegro
Te invitamos a participar en nuestro **Concurso Fotográfico** de junio 2020 con el tema: **GUATEMALA ADENTRO**.

Enviar (1) foto en **ALTA RESOLUCIÓN** con el título, lugar donde fue tomada, su nombre y el sitio web para el crédito a: **photos@revuemag.com**

Para más información: **revuemag.com**

Serán elegibles las fotos recibidas hasta el 15 de mayo de 2020.
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