

# *Chef Amalia Damgaard*

## **Upcoming Cooking Demonstrations at Midtown Global Market!**

### **FISH TALES, Thursday, April 2, 2009, 11-2 p.m.**

Learn easy techniques for cooking fish and more with delicious results every time!

Menu: Pescado en Escabeche (pan fried tilapia in marinated vegetable herb sauce); Coctel de Pescado (spicy citrus sauce-marinated sole with avocados, tomatoes); Mole de Pescado (haddock and potatoes with ancho peppers, garlic and olive oil sauce); Crepes con Piña y Ron (pineapple-rum crepes).

### **FRUGAL GOURMET LATINO, Wednesday, May 13, 2009, 11-2 p.m.**

Learn strategies for buying fresh ingredients to eat healthier with your budget in mind!

Menu: Sopa de elote (fresh corn soup); Dominican Sancocho (chicken and vegetable stew); Cerdo en Adobo y Arroz (pork and chayote squash with dried ancho pepper, garlic sauce and white rice); Fresco de Chan (lime-poppy seed drink).

### **SPANISH FLAVORS PICNIC, Friday, July 10, 2009, 11-2 p.m.**

Explore the luscious flavors of Spain and learn to prepare new dishes for this summer!

Menu: Camarones al ajillo flameados con brandy (Spanish brandy-flamed garlic shrimp); Amalia's Quick Paella de Pollo (chicken and rice with Spanish chorizo, saffron, wine and rosemary); Easy Tortilla de Pimientos (roasted bell pepper omelet); Crema con Pasas (10-minute crème brûlée with raisins).

*Cost: \$50 per class or \$125 for 3.*

Register at <http://www.cookparty.com/events.htm>.



Amalia Damgaard, a native of Guatemala and a graduate of Le Cordon Bleu, "Helps people develop a better understanding and appreciation of Latin cultures through traditional Latin and Spanish gourmet cuisine with a cultural flair". She owns and manages a private chef business [www.cookparty.com](http://www.cookparty.com) for social or business gatherings. Amalia also is a teacher, event and culinary designer, writer, and is one of the Kitchen in the Market chefs at the Midtown Global Market. Amalia has been featured on Edina and Eden Prairie Magazines and hosted a cooking segment entirely in Spanish on Univision and has appeared on Fox9 and KSTP Twin Cities Live recently.

