

# Latin Leaders

"Because we don't think about future generations,  
they will never forget us."  
- Henrik Tikkanen

The National Magazine of the Successful American Latino

**EXCLUSIVE FEATURE:**  
**TOP LEADERS IN ENERGY**

**PORTFOLIO:**  
**ADVOCATES FOR THE FUTURE**

**THE  
GREEN  
ISSUE**

**PLUS:**

**ROGER RIVERA, ALBERTO MENDOZA,  
FRANK HERRERA  
A LOVELY FAREWELL TO LACERS  
RAUL AGUALLO AND  
MUCH, MUCH MORE!**



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## 25 ON THE COVER : A NEW BREED OF POWER: LATINOS IN ENERGY

Having made a strong appearance in the highly competitive world of energy, Latinos are making significant strides towards recognition in this unlikely industry.

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More than his job as President and CEO of the Coalition for Clean Air, Alberto Mendoza relishes on his efforts to promote clean, unpolluted air and to help improve the air quality for the children of today and of tomorrow.

### 22 THE CULINARY CORNER

We premier this new section with an exclusive interview with Chef Lorena Garcia, whose line of house ware is about to make a big splash in the U.S. Market.





Trading The Courtroom for the Kitchen:

# Chef Lorena García

Lorena García had all the elements she needed to have a successful para-legal career – years of study, knowledge and training, and even a degree. Still, the delicious aroma of a cooking career stimulated García's appetite for something else.

So much so, that upon completing law studies, she enrolled in the renowned Johnson & Wales University Culinary Arts School. Today, she is a well-recognized face of Latino cuisine through such shows as "Cocinando con Nestlé", "El Arte del Buen Gusto", Univision's "Con Sazón" and most recently "Despierta América" and the inspiration for the Lorena García

Lifestyles Collection, a new house ware line released by Belk, the nation's largest privately owned department stores.

For Lorena, the most appetizing thing about cooking is watching others enjoy the fare her hands create. "That's what fills me up," the vivacious Venezuelan says. "To me, there is nothing more personal than you making food for somebody else and seeing people nourishing

themselves with it -- just to see the expressions on their faces when they taste the dish you made with your hands and your inspiration. You make it with love in your hands, with your own sazón."

Lorena firmly believes that an individual cooking style is a form of art and self-expression. "To me, everything is energy. The energy you put into your hands goes through to your food, and

people understand what you were trying to say through your art. That's amazing; to [be able to] please the palate in so many ways."

García's personal signature is a blend of flavors from across the globe, all of them coming together in a stew of flavors and techniques from the many places in the world that she has visited. But her favorite flavor is cilantro. "I cannot cook without cilantro," she declares with a warm laugh. "I believe there are two types of people in the world — those who love cilantro, and those who hate cilantro. I love it. Even if a recipe doesn't call for cilantro, I put it in!"

In fact, all fresh herbs have a special place in Lorena's repertoire. As does avocado, which she uses in soups, salads, entrees, and wherever she can find a place for it... even in a humble yet zesty guacamole.

Her love of cooking began in her youth. As a child, Lorena watched her nanny prepare snacks for after-school guests. She used those observations as a teenager, opting to invite friends over for a meal rather than venture elsewhere on a Saturday night. Even later, as a law student, García hosted study groups, preparing goodies in her own kitchen. None of her friends were surprised when she enrolled in cooking school after completing her paralegal studies.

And cooking has lead García to a savory career. Regarded as an authority on Latin cuisine and lifestyle, Lorena, who underwent training in restaurants around the world, has been seen by more than 40 million television viewers of her shows. A member of the American Culinary Federation and a main speaker at the AFC's annual convention, Lorena has also owned and operated a pair of restaurants, Food Café and Elements Tierra.

Of her newly released house ware collection, García says: "It was always a dream to do this. Chefs dream of their own restaurant, cookware lines, books... as many outlets as you can find to express yourself. And what's better than that, to have your own line, to have your own style? I'm very excited and thankful to have that opportunity." 🌱

**"TO ME, EVERYTHING IS ENERGY. THE ENERGY YOU PUT INTO YOUR HANDS GOES THROUGH TO YOUR FOOD, AND PEOPLE UNDERSTAND WHAT YOU WERE TRYING TO SAY THROUGH YOUR ART."**



## My Favorite Recipe

### Churrasco Steak with Black Beans & Maduros

#### CHURRASCO

48 oz Churrasco steaks  
1 (Maduros recipe)  
1 black bean recipe  
1 steamed white rice recipe

#### SALAD

1 Bunch baby arugula  
1 Cup cherry tomatoes, cut in half  
1 Tablespoon lemon juice  
3 Tablespoon extra virgin olive oil  
1 Bunch rosemary for garnish  
Salt and pepper to taste

**Instructions:** Place the churrasco seasoned with salt and pepper on the grill, to desire temperature.

In a mixing Bowl place all ingredients for the salad, set aside.

Place the rice, beans, and plantains on the plate. Place the churrasco in the middle of the plate on a circular shape, stuffed with the salad mixture and garnish with the rosemary.

Serve Hot

#### BLACK BEANS

1 1/4 cups black beans (about 1/2 pounds)  
12 cups water  
1 bay leaf  
2 tablespoons extra-virgin olive oil  
1 medium onion, chopped  
1 green bell pepper, stemmed, seeded and chopped  
10 cloves garlic, minced  
2 teaspoons ground cumin  
2 teaspoons dried oregano  
1 teaspoon ground coriander  
1 tablespoons red wine vinegar, plus more for the table  
1-tablespoon kosher salt  
Pinch of cayenne pepper  
Freshly ground black pepper

**Instructions:** Put the beans in a large saucepan, add the water and bay leaf, and bring to a boil. Set aside, covered, for 1 hour.

Return the beans to a boil lower the heat to a simmer; cook uncovered, for 1 1/2 hours.

Heat the oil in a medium skillet over medium-high heat. Add the onion and peppers and cook, stirring, until soft, about 5 minutes. Add the garlic, cumin, oregano, and coriander and cook, stirring, until fragrant, about 1 minute more.

Add the onion mixture to the beans and continue simmering until the beans are very tender and the liquid has thickened, about 1 1/2 hours more.

If the beans seem too thick, adjust the consistency with a little bit of water. Stir in the vinegar, season with the salt, cayenne, and pepper to taste. Serve with the yellow rice if desired.

#### SWEET PLANTAINS – "MADUROS"

4 ripe, black plantains  
1/4-cup vegetable oil  
Salt

Lime wedges

**Instruction:** Peel the plantains and cut them in 1/2 on a bias, then slice in 1/2 lengthwise so you have 4 pieces.

Heat the oil in a large heavy skillet over medium heat. Fry the plantains until golden on both sides, about 5 minutes per side. Remove to a plate lined with paper towels and sprinkle with salt. Serve with lime wedges.

**Our publisher's wine pairing:** Melchor Cabernet Sauvignon from Casa Concha y Toro, which shows delicious aromas of cassis, red currant and spice and has notes of Plum, tobacco and raspberry (\$45.00).

Serves: 4 Prep Time: 30 min Cook Time: 15 min Total Time: 45 min

Source: Chef Lorena García

