

COLLECTIVE ABUNDANCE IN GUATEMALA

If you were to ask any grandmother in Guatemala, the most important thing is that everyone eats well and that food is bountiful.

Being of the most collectivist countries in the world, there is nothing a Guatemalan enjoys more than sitting at a table with their loved ones, whether it's friends, family, or colleagues, to enjoy and share a delicious meal and an engaging conversation, preferably accompanied by lots of laughter and great memories.

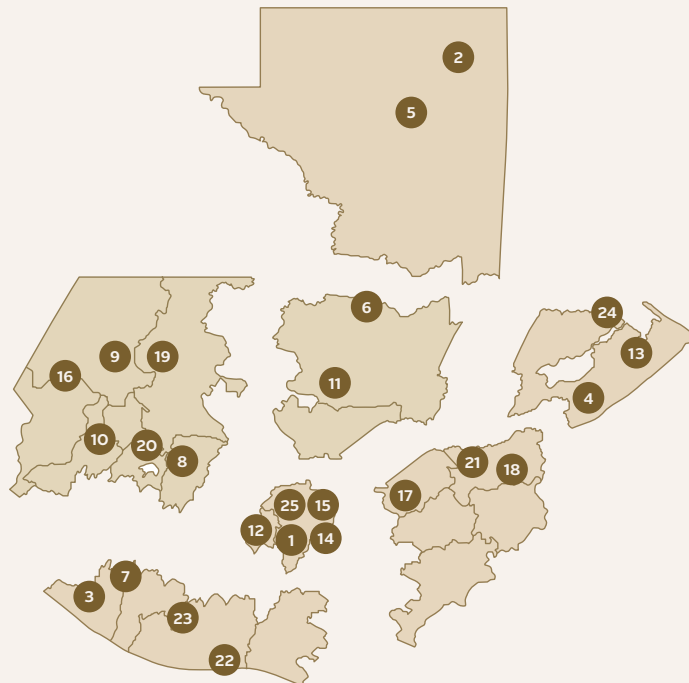
Collective abundance is harvested by what we all bring to the table, whether it's drinks, dessert, warm company, and even sharing our jokes, history, and anecdotes. At the table, Guatemalans not only share our meals, because we always want to try "a little bit of everything", we share who we are, our feelings, our goals, and dreams.

. When there is collective abundance, the table is full, not only with the different dishes and wide diversity of ingredients that characterize us, but it's also full of people, memories, words, affection, and above all, joy.

Today, at Sublime, we want to share this collective abundance with you.

We invite you to experience and enjoy it.

IT'S OUR INSPIRATION





Pre-Hispanic

1

KAMINALJUYU

One of the most important archaeological sites in the Guatemalan highlands the areas are currently zones 7 and 11 of the capital city. It featured hydraulic engineering works that enabled the transportation of water through canals from the now-extinct Miraflores Lake to agricultural fields for irrigating a wide range of agricultural products.

Smoked tomato soup, crispy amaranth, concasse tomatoes, and guaque chili.

Q65

2

UAXACTUN

The first site is identified is Group E, a complex of pyramids found in Mayan archaeological sites from the Middle and Late Pre-classical periods to the Early Classic period (approx. 1000 BCE to 600 CE) These served as ceremonial spaces that functioned as astronomical observatories and supported the agricultural system in Mayan culture.

Cream of Yucca, achiote, cacao nibs, and ichintal crunch.

Q70

3

TAK'ALIK AB'AJ

An important trading center on the Pacific Coast, which flourished culturally and economically in the Pre-classical and Classical periods. Its diverse artistic styles, ranging from Olmec to Mayan, are evidence of its extensive occupation and the wealth of commercial and cultural exchange in Mesoamerica.

Cured tuna, heirloom tomato, pumpkin seeds, pickled papaya, frisée lettuce topped with blackberry dressing and edible flowers.

Q135

4

QUIRIGUA

Located in Izabal, near the Caribbean Sea, it was an important trading hub due to its location to the north of the Motagua River, providing access to various products and exchange goods like obsidian, Quetzal feathers, and jadeite. Despite being a small center, it possesses the tallest carved monument (Stelae E) recorded to date in Mesoamerica.

Mixed greens, guava dressing, cacao nibs, and jicama.

Q89



Pre-Hispanic

5

TIKAL

One of the best-known archaeological sites in Mayan archaeology, as well as one of the major Mayan cities of the Classical period, had political and trade exchanges with cities to the north, such as Teotihuacán. Its territory was extensive, covering over 16 square kilometers with more than 3,000 structures, along with a water supply system that was filtered and provided to its inhabitants.

Cured tuna, jumbo shrimp, heart of palm tartare, avocado, onion ashes, and habanero chile water.

Q145

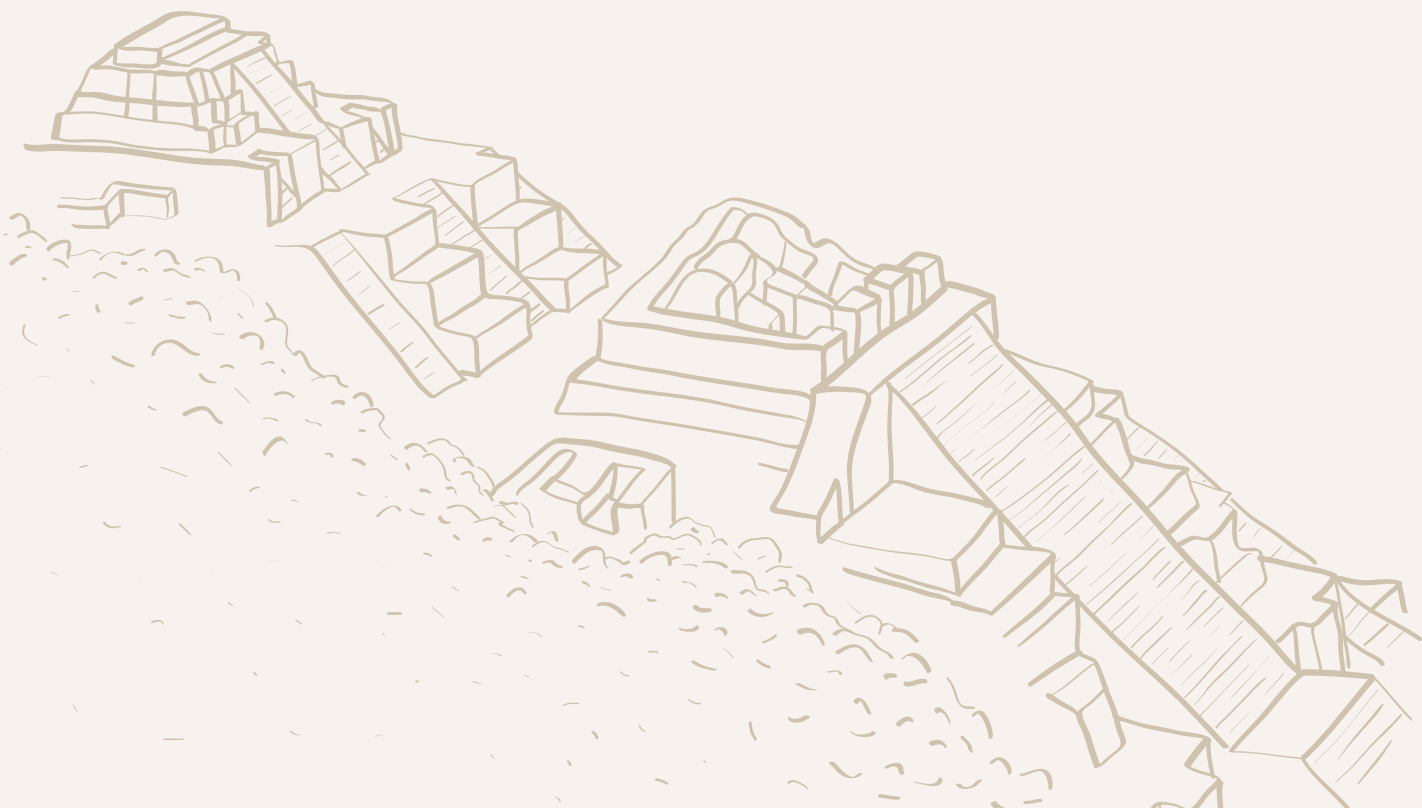
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CANCUEN

To the center of Guatemala, Cancuén was a Mayan commercial city whose geographical location, bordering the La Pasión River, it was key for the control of trade routes. The site is distinguished by having a centralized market system where basic goods and prestige items were exchanged. It also stands out for a ritual system of artificial canals and pools.

Tuna, herb pesto, heirloom tomato, and achiote-lemon drizzle.

Q135





Spanish Conquest

7

ZAPOTITLAN

The Quauhquechollan Canvas is a Nahuatl painting from the 16th century, in which the Quauhquecholtecs portrayed their view of the Spanish conquest in the territories that now belong to Guatemala, entering through Retalhuleu and having an initial encounter with the K'iche' people in a place known in Nahuatl as Zapotitlán, which means "beneath the zapote trees."

Yellowfin tuna, smoked sapote, watermelon infused with tangerine lime and pumpkin seed, cilantro, achiote, and oranges with Pacific breezes.

Q145

8

IXIMCHE

During their journey, there were several battles between the Spanish and the locals, including various conflicts with the skilled Kaqchikel warriors. Their capital, Iximché, which means "place of many trees," was named by Pedro de Alvarado in 1524 as the first city of Santiago, and it was used as a military base and later burned down to prevent actions against it.

Beef carpaccio, Chanco cheese, Serrano or cured ham, chiltepe chile emulsion, and ultra-frozen grapefruit.

Q145

9

ZACULEU

Zaculeu, the capital of the Mam territory, was one of the last cities of the pre-Hispanic era. It was built on a plateau surrounded by deep cliffs and, according to Fuentes and Guzmán, it served as the fortress where King Kaibil Balam resisted the Spanish until he was forced to surrender in 1526, mainly due to hunger, when facing Gonzalo de Alvarado.

48 hour slow-cooked pork, the chef's maternal grandmother's original recipe, served with corn tortillas from Huehuetenango, avocado, cilantro, and onion.

Q210

10

QUETZALTENANGO

Quetzaltenango, the Nahuatl name that the Spanish bestowed upon this town and territory in 1529, it is also known as Xelajú, a Spanish-influenced word derived from the K'iche' language. Xelajú is believed to mean "beneath the ten" or "beneath the ten wisdoms," possibly referring to the ten districts of the city, ten rulers, or ten hills located around it.

Creole potato croquettes stuffed with pork belly and roasted tomato sauce.

Q95



Spanish Conquest

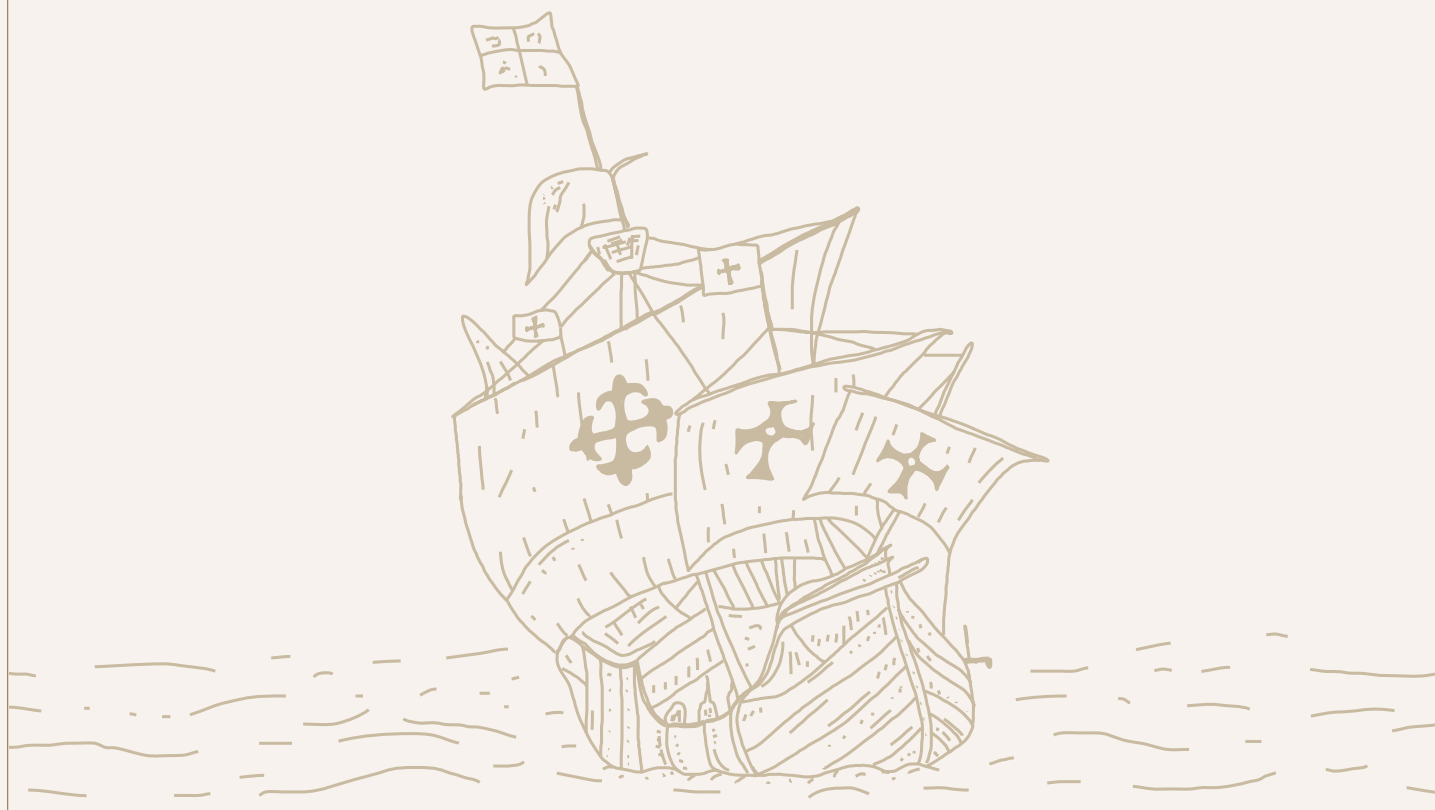
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VERAPACES

As it is pointed out in Volume II of the General History of Guatemala, the history of Verapaz begins in 1537 with a secret pact between Friar Bartolomé de Las Casas, the Vicar of the Dominican convent in Guatemala, and the Governor of the country. In this pact, the friar and two of his companions offered to "peacefully convert and evangelize" the inhabitants of that territory, the Q'eqchi' people.

Turkey, sauce made with tomatoes, chili peppers, pumpkin seeds, ichintal, vanilla, Coban chili, and corn tortilla.

Q135





Colonial

12

ANTIGUA

The city, whose official and historical name was "Muy Noble y Muy Leal Ciudad de Santiago de los Caballeros de Guatemala," (Very noble and loyal city of Santiago de los Caballeros de Guatemala) was founded in 1543. It served as a highly significant economic, political, religious, and educational center during the colonial era and was the capital of the Captaincy General of Guatemala, an administrative division of the Spanish Empire that extended from what is now Chiapas, Mexico, to Costa Rica.

Smoked tenderloin tartare with rum barrel shavings, roasted tomatoes, native mushrooms, Chancol cheese foam, and bread.

Q135

13

SANTO TOMAS DE CASTILLA PORT

Santo Tomás was discovered because it was discovered on the feast day of Saint Thomas Aquinas." That same year, a Spanish fleet, consisting of a large ship and six frigates, docked at the port, marking the first landing in the history of that port and thereby concluding the search for a harbor that would provide direct communication with Spain.

Lobster and catch of the day, tempura shrimp, plantain puree, roasted pineapple, and tapado sauce.

Q195

14

VALLE DE LA ERMITA

During 1773, several earthquakes destroyed what is now Antigua Guatemala, forcing the search for a new location. The town of La Asunción del Valle de la Ermita became the site for the new settlement, which would later be named "La Nueva Guatemala de la Asunción." It began with about three thousand residents in the vicinity of the Parish of the Holy Cross in the current Zone 6.

Catch of the day with glutinous rice balls and green herb sauce.

Q189





Independence era and XIX Century

15

HISTORIC CITY OF GUATEMALA

The Act of Independence of Guatemala was signed at the Palacio de los Capitanes Generales on Sixth Avenue between 6th and 8th streets in the present Zone 1. Today, the building where the founding fathers of the Guatemalan independence gathered no longer exists because it suffered damage from several earthquakes and had to be demolished. In its place now stands Centenario Park and the Acoustic Shell.

Crispy pork belly, candied yucca, and spiced marinade.

Q110

16

LOS CUCHUMATANES

Although it has not been confirmed, it is believed that the poet Juan Diéguez wrote the poem "A los Cuchumatanes" in 1854 during his exile in Chiapas. This came after he had spent a few months living in a cabin in Todos Santos. A fragment of the poem goes as follows: "Oh, blue, lofty mountains; hear me from there! My soul greets you, summits of the high Sierra, the walls of that land where I saw the light!"

Roasted lamb on wood-fired oven glazed in its own juices, corn gnocchi, smoked tomatoes, and Huehuetecan coffee syrup.

Q190

17

SANARATE

Chinese migrants entered the country through various routes during the periods between 1871-1877 and 1892-1926, arriving through the Port of San José on the Pacific side, via Chiapas, Ciudad Pedro de Alvarado, and Puerto Barrios on the Atlantic coast. They settled in villages near railway routes in places like Jalapa, Sanarate, Zacapa, and El Progreso, establishing connections with specific surname clusters.

Oriental noodles, cha siu pork belly, sweet tamarind sauce, chipilin, pumpkin seed sauce, tangerine lime, and yuzu.

Q135

18

ZACAPA

The railroad first arrived in Zacapa on November 22, 1898, coming from Puerto Barrios, Izabal. This made Zacapa a mandatory stopover, serving as a midpoint between Guatemala City, Puerto Barrios, and El Salvador. It allowed travelers to witness impressive landscapes along the Motagua River and significantly contributed to the region's prosperity. In 2004, a museum was inaugurated in the former station.

Strip roast slow-cooked for 24 hours, sealed on the Josper grill. Chili adobo, yucca in pesto herbs, and pumpkin seed sauce.

Q200



XX Century

19

NEBAJ

Nebaj is a territory that is considered part of the Ixil Triangle, located between a branch of the Cuchumatanes Mountains to the south and the Chamá Mountains to the north. It is right there that Giuseppe Azzari, an Italian migrant who arrived in Guatemala in the 1930s, developed Chancol cheese, which is named after the farm he managed and is inspired by the Italian cheese Grasso d'Alpe.

Agnolotti filled with glazed duck stew in elderberry sauce, coffee ricotta, and native mushroom puree.

Q165

20

ATITLAN

Sol Tax, an American anthropologist, conducted ethnographic research in Panajachel between 1935 and 1941, and based on his experiences, he published the book "El Capitalismo del Centavo." Among other things, the book describes how changes in the lake's water levels affect fishing by reducing its quantity. It also details the methods used for crab fishing and waterfowl hunting.

Crab, hoja santa (an aromatic herb), charred beet, smoked chili oil, and the catch of the day.

Q155

21

VALLE DEL MOTAGUA

Inspired by the book "Minerological Studies in Guatemalan Jade" by William F. Foshag, American entrepreneur Jay Ridinger and Mary Lou Johnson, a teacher in archaeology and anthropology, began in 1974 the search for pre-Hispanic jade deposits and workshops in the Motagua River Valley fault. This, along with the establishment of a processing factory, would lead to the revival of the jade industry in the country.

Shrimp, catch of the day, eel sauce, and zapote brulée.

Q195

22

PUERTO QUETZAL

Construction of Puerto Quetzal began in 1980, aiming to establish a modern port for import and export activities on the Pacific coast. It was inaugurated, albeit with limited conditions, on March 18, 1983, with the arrival of the ship Spiliada, flying the Liberian flag and carrying a shipment of 220 thousand quintals of sugar destined for the port of Guayaquil, Ecuador.

Lobster, catch of the day, charred corn, plantain puree, shrimp bisque, and zamat oil.

Q245



XX Century

23

COTZUMALGUAPA

Around 1994, archaeological investigations were carried out on the southern coast of the country. Although many of the remnants were found beneath sugar cane fields, a distinctive artistic style, known as the Cotzumalguapa style, was identified. This style portrayed captivating scenes of mythological animals, gods, and characters engaged in dance, song, and sacrifice.

Lomito al Josper, langosta, miel virgen, queso de la costa sur, ajo rostizado con espuma de papa.

Q230

24

LIVINGSTON

With the aim of protecting and promoting the development of the language, culture, customs, resources, and specific forms of organization of the Garifuna community in Guatemala, November 26th was established as the "National Day of the Garifuna People" through Legislative Decree 93-96 in 1996. This celebrates their arrival in Livingston, Izabal, at the beginning of the 19th century and recognizes the significance of this ethnic group in the country.

Creamy rice, Josper-grilled jumbo shrimp, piloy beans, pineapple, and coconut

Q230





XXI Century

25

LITTLE KOREA

The Korea-Town project was initiated by the Guatemalan-Korean Chamber of Commerce in 2013 with the purpose of creating a concentration of residences and businesses such as restaurants, supermarkets, butcheries, and bakeries in the area spanning from the 32nd to the 37th Avenue, Calzada Mateo Flores, in the capital's Zone 7. This project is intended to represent the Korean migration, one of the most recent communities to arrive in the country.

Bulgogi (beef marinated in soy sauce, garlic, sesame oil, and brown sugar), Guatemalan kimchi, side dishes, and lettuce.

Q175

