

# German Lam

By Joanne M. Choi

German Lam loves cooking, and he wants everyone to share his passion. It doesn't matter what your cooking level is, German wants you to bring your "A" game to the kitchen. Our initial meeting took place at a recent cooking presentation he gave at the Hannaford Supermarket in Waltham. Wearing a chef's white top and a ready smile, German comes across as a combined life coach and sports coach. As he says early in our conversation, "I'm a food coach and athletes need real food."

In one interaction at Hannaford's, three young boys recognized German as he had visited their school. Their mother approached German and explained that out of the three boys, two liked the featured "French Style Turkey Stew" but one did not. When German found out it was because the little boy refused to try it, German pulled out his persuasive guns. German challenged him to try it, and then asked what he could do to make it better. "Spitting it out is ok," as long as he tastes it first. The father of two young boys, ages 8 and 6, German clearly knows how to interact with children.

The French Style Turkey Stew he was featuring contained dried cranberries, organic broth, ground turkey, plenty of flavor and vegetables. It was delicious and admittedly easy to eat a lot of quickly. Additionally, it seemed doable for the cooking novice as well as the harried parent rushing to prepare a home-cooked meal for the family. We talked about the stew and German suggested substituting the ground turkey with vegetarian options such as potato or tofu.

He confidently explains that he had the best training because he worked at the Ritz Carlton (now the Taj Boston). According to German, "This is where I learned what it is to be a professional chef, where I got my 'MBA.'" His resume includes work at Chatham Bars Inn and the Harvard Club in Boston. German believes that it is important in cooking to be able to sense "the potential mistake" and fix it... like an athlete instinctively knows when to throw a ball or avoid being tackled. Cooking is "not about recipes or measuring." For him, smart cooking is emphasizing quality ingredients and "elements of common sense."

His interest in cooking and eating better is not just a passing trend. Cooking TV shows like "Iron Chef" and "Top Chef" have their solid fan bases, buzz, and celebrity chefs' crank out cookbooks at a dizzying speed. Results from this are foods that can't be enjoyed daily due to price point, fat content or lack of time to prepare lavish meals.

German's mission, however, is not to stuff

Photographed by Carlton SooHoo at Liberty Hotel, Boston

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a dish full of caloric ingredients or choose ingredients that are out of the reach of average working families. He wants it to be about a lifestyle that externally conditions the body and controls weight while emphasizing taste. His aim is to "work within every budget and create gourmet food without butter or cream." German's heartfelt passion is to inspire his students and those he interacts with to realize how simply eating well can change one's life.

German's company is Glam Foods, and his motto is "Healthy Eating, Healthy Cooking and Healthy Body." He visits schools,

conducts cooking demonstrations, works with clients, and teaches at neighborhood centers. This sparked a desire in me to start cooking more. Thus, the French Style Turkey Stew sampled at the supermarket was loosely followed two days later. I made it sans dried cranberries and turkey, and the substitute ingredients were potatoes and rice.

If that is the final take-home message he wants to propagate, conquering the "fear of not being perfect" and just picking up the knife and doing it, then he has one new convert. [www.glamfoodsllc.com](http://www.glamfoodsllc.com)