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# PMG CHEFS

*Home of America's Favorite Chefs!*

## Lorena Garcia



One of Miami's famous female chefs, Lorena Garcia was born and raised in Venezuela, and credits family gatherings spent entertaining family and friends as her career inspiration. "Bringing loved ones together to enjoy wonderful food - it's natural - it is something that has always fulfilled me." Lorena has lent her talent to a bigger cause. Worried by the health and social problems caused by childhood obesity, she created Big Chef, Little Chef. The philanthropic organization teaches children - and their families - how to take control of their cooking and eating habits and ultimately, their lives. It wasn't, however, until Lorena completed a law degree from Santa Maria University in Caracas and moved to the United States to work as a paralegal that she decided her passion to become a chef could become a reality. She traded her law papers for a cutting board and knife to study culinary arts at Johnson & Wales University.

Inspired by her education and burgeoning creativity, Lorena set out on a world tour of great food cities. While in Paris, she landed her first job as an apprentice at the Ritz-Carlton. She went on to follow this with stints as a chef in several countries including Italy, Japan, Korea, Thailand and China. In 2002, after working in famed restaurants and with renowned chefs such as Pascal Audin; Lorena opened her first restaurant, Food Café, in Miami. And in 2005, Lorena moved on from Food Café to open Elements which features an eclectic blend of Latin and Asian-inspired dishes. Located in the heart of Miami's design district in a unique atrium setting, the menu and decor reflect Garcia's simple and ethereal approach to cooking.

Lorena's charismatic personality and contagious enthusiasm for great food has caught the attention of many and landed her in front of the camera. She hosted several nationally syndicated shows on the Gems and Mun2 television networks. Lorena is currently the host of "El Arte del Buen Gusto", one of the highest rated shows on MGM's 'Casa Club TV' airing both in the U.S. and Latin America. She also appears weekly on Telemundo's nationally syndicated morning show "Cada Dia con Maria Antonieta". Lorena can also be heard on Univision Radio as the host of "Con Saxon" a national cooking show. Lorena's dynamic appeal has also been recognized by Nestle and Splenda. Nestle tapped the chef to host the nationally syndicated segment, "Cocinando con Nestle," and she is the spokeswoman for SPLENDA® No Calorie Sweetener.

