



FUSION

Fusion restaurant is housed in a Unesco World Heritage house and serves a varied menu based on Guatemalan food with combined flavors from around the world.



ALEXANDER BELL is an anthropologist looking for his next meal. The son of [Elizabeth Bell](#), one of Guatemala's top tour leaders, Alex trained for a career in anthropology, but as a food geek he saw an opportunity in Antigua's growing restaurant scene. He decided to take the best of native Guatemalan highland food, herbs, and spices, and combine it with the flavors from his travels. The result is Fusion, a restaurant you don't want to miss when you're in Antigua. The restaurant is in a house that's a Unesco World Heritage Site, near Antigua's famous Arch of Santa Catalina and across the street corner from La Merced Church.

The flavors of Fusion are a mix of Guatemalan, Mediterranean and Asian influences. All the ingredients are local and organic, and Alex keeps the restaurant as green as possible—for instance the cooking oil is recycled and used to create ethanol by another Antigua based business. The clientele is a mix of upscale young hip people who are making up a larger and larger Antigua demographic, as well as locals looking for a new taste, and savvy travelers who have heard the web-based rumors about a great spot to have a unique Antigua meal. The menu changes all the time based on what's available locally, but easily two of the consistent favorites are Fusion's own version of Black Bean Soup and Pork Tenderloin with a sauce made with laurel leaves. If you're in Antigua, go say hello to Alex. If you're home, have a taste of Antigua before you go.



RECIPES

BLACK BEAN SOUP

4 servings

INGREDIENTS:

1 pound bag of black beans
3 onions-cleaned and chopped into big pieces
3 cloves of garlic
1-1/2 liter of water
2 tablespoons of olive oil
4 to 5 leaves of bay
6 branches of thyme
Pinch of salt

GARNISHES:

2 avocados
Fried tortillas
Sour cream

Pour water into pressure cooker, add beans garlic and one chopped onion, cook until ready—about 45 to 60 minutes, depending on the model of the cooker. Then in separate pot, fry the two chopped onions in olive oil until golden. Then take the cooked beans, pour in blender, add the golden onions until blended. Then place the new soup into a pot, boil, add the laurel, thyme and season with salt. Done.

Serve a portion in a bowl, add sour cream on top and decorate with avocado and fried tortillas.



PORK TENDERLOIN WITH LAUREL SAUCE

3 servings

INGREDIENTS:

1 pound of pork tenderloin
6 oz. of feta cheese
4 oz. of dried prunes
1/2 pound of fresh spinach
1/2 cup of cream
Salt and pepper

SAUCE INGREDIENTS:

1/4 pound of pork tenderloin (the more fat the better)
2 oz of white wine
2 leaves of bay
1 cup of water
2 tablespoons of tomato paste
Salt and pepper

With this recipe it is best to make the sauce first, and then cook the meat. So, cut quarter pound of pork tenderloin very fine, I mean very fine, fry in pan. Add wine, laurel, water,

and tomato paste until cooked. Then strain the sauce and reduce to perfection.

For the main dish, chop feta cheese and prunes together as fine as possible, put in bowl. Take pork tenderloin and butterfly cut until you have a thin sheet of pork tenderloin, about half inch thick. Take the feta/prune mixture and spread evenly over the tenderloin sheet, then roll the two sheets into one. You should have a long roll of stuffed tenderloin by now. Stick toothpicks to hold together and grill until done. In a pan sauté spinach with cream salt and pepper until cooked. Pour the spinach as base onto serving plate, then cut the cooked tenderloin into medallions and place on top, add sauce and ready to eat.

Buen provecho!!! 

