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# GERMAN LAM

German Lam, chef, owner and founder of Glam Foods, LLC, has a passion for healthy cooking that has inspired him to begin offering customized in-home cooking consultations that empower clients to create a delicious, healthy lifestyle for themselves, their families and friends. German currently conducts cooking demonstrations at [Williams-Sonoma](#) in Burlington and Braintree, [Whole Foods Market](#) in Newton, Wellesley, Bedford Massachusetts and starting in the fall of 2008, will be teaching culinary courses at [Stonewall Kitchen](#) in York, Maine.

German brings extensive culinary experience to Glam Foods, having worked as a chef at top rated institutions such as the 5-Star Boston and Cleveland Ritz-Carlton Hotels, [Harvard Club of Boston](#) and [Chatham Bars Inn](#). Additionally, he was executive chef at Mirabelle Restaurant located on Boston's trendy Newbury Street and the Needham Sheraton Hotel. He has also served as the Executive Sous Chef at Marias Restaurant and Chef de Cuisine at the Charles Hotel.

German is an award winning chef. Chef Lam graduated in 1986 from [Newbury College](#) with a degree in culinary arts and completed the prestigious American Culinary Federation Les Dames d'Escoffier apprenticeship program in 1990. His specialties include garde manger, ice sculpture, fruit and vegetable carvings, and food design presentations.

German's awards include:

- 1989 Ritz-Carlton Hotel Employee of the year
- 1989 Boston Food Show Gold Medal
- 1999 Epicurean Club of Boston Junior Culinary Team Coach – Bronze Medal

German was born in Santiago, Chile, was raised in Boston, Massachusetts and currently resides in Waltham, MA with his wife Joanna and two sons.

