



FRESH THOUGHTS:

Sustainable Seafood Series

Galen Sampson *Chef, The Dogwood*

About the Chef

Award-winning, five-star chef Galen Sampson has created an innovative American cuisine that blends classical technique with a contemporary touch.

Galen grew up in Reisterstown, Maryland, and attended Franklin High, where his primary passion was playing baseball. Trained as an electrical engineer at the University of Maryland and Virginia Tech, Chef Galen decided to follow his true passion, the culinary arts, when living and working in Park City, Utah. He landed a job making salads at the five-star Stein Eriksen Lodge and stayed there for three years, leaving as the sous chef tournant of the well-known Forest Room.

From there, Galen traveled to The Homestead in Virginia, where he was the garde manger chef. Then to Bermuda and the Sonesta Lodge, where he was the executive sous chef. In 1997, Galen returned home to Baltimore to work at the Harbor Court Hotel, where he soon became executive chef. He was there for 10 years, as chef, then as food and beverage manager, and, for a time, as both. During his tenure at Harbor Court, the hotel achieved its five-star, five-diamond rating.

Galen was named Chef of the Year in 2005 by the Maryland Academy of Hospitality and Tourism; he was also featured as a CNN hero in 2008 for his work with people in transition, training them in the culinary arts through the nonprofit program he developed, Chefs in the Making. He is living his dream, by running and owning his own restaurant and having the opportunity to train others in the profession he loves.

About the Restaurant

Chef Galen opened The Dogwood in 2007.

Because of The Dogwood's commitment to great flavor, we source from local farmers and from sustainable and organic producers whenever possible. Our food philosophy inspires us to showcase the best of what is available in the market and to highlight foods that reflect the seasons. We work closely with local farms and producers to create our naturally inspired ever-changing menus.

Our wine list also illustrates our dedication to sustainable practices by including many winemakers who use biodynamic, organic, and sustainable practices.

Baltimore magazine named The Dogwood as one of the city's best restaurants in its 2009 Best Restaurants issue, and Best Sustainable Restaurant in the magazine's 2008 Best of Baltimore issue.