



**A Cultural Publication for Puerto Ricans**

From the editor . . . .

"All that I am or ever hope to be, I owe to my angel Mother." -- Abraham Lincoln (1809-1865)  
 "God could not be everywhere and therefore he made mothers." -  
 - Jewish proverb  
 "Youth fades; love droops, the leaves of friendship fall; A mother's secret hope outlives them all." -- Oliver Wendell Holmes (1809-1894)  
 "I remember my mother's prayers and they have always followed me. They have clung to me all my life." -- Abraham Lincoln (1809-1865)

Mexico sings to their mothers . . .

*Estas son las mañanitas que cantaba el rey David,  
 y a las Mamás bonitas se las cantamos así:  
 Despierta, mi bien despierta, mira, que ya amaneció;  
 Ya los pajaritos cantan, la luna ya se metió*

***Feliz Día de las Madres***



**YOUR AD**



**FITS HERE**

<b>Index</b>	<b>Page</b>
Credits	2
La Fortaleza by Joe Roman	2
Visit Puerto Rico/Trivia, Refranes	3
Táinos - Calendar - Don Guillo	4
Diego the Bartender/ Book Review	5
Primos/Paraguay	6
Hints with Vélez and Garibay's Blog	7
<i>Nuestra Cocina Criolla</i>	8
More recipes	9
Music Reviews by: Alberto González	10



### Nature and Adventure

Joe Roman Santos, Editor

When I spend more than three days visiting the island, I try to visit an 'official' tourist site, just to learn what to tell people when I talk about Puerto Rico, which is something I love to do. During Spring Break I checked out La Fortaleza for the first time.

La Fortaleza was the first fortification built in San Juan harbor. Constructed between 1533 and 1540, the original fort consisted of a circular tower and four massive stone walls. The Spanish military constructed a second tower, called the Austral, at the end of the 16th century. Although established to defend against Carib Indian raids, invaders only took the fortress twice in its history: first, by the English in 1598, and then by the Dutch in 1625. After an unsuccessful siege of the San Felipe del Morro fort the Dutch burned the city, including the fort, in 1625. From 1640 onward it was customary for the island's Governor to reside there.



*Joe is a schoolteacher in Houston and spends most of his holidays and summers in Puerto Rico.*

**EL BORICUA** is a monthly cultural publication, established in 1995, that is Puerto Rican owned and operated. We are NOT sponsored by any club or organization. Our goal is to present and promote our "treasure" which is our Cultural Identity - "the Puerto Rican experience." EL BORICUA is presented in English and is dedicated to the descendants of Puerto Ricans wherever they may be.

## C R E D I T S

©1995-2011

All articles are the property of EL BORICUA or the property of its authors.

### Staff

Ivonne Figueroa

Executive Editor & Gen. Mgr.

Javier Figueroa

Publisher

Anna María Vélez de Blas, Chef  
Recipe Tester and Writer

Jaime Garibay Rivera, PhD  
Jaime in the Kitchen, Food Blog

Guillermo 'Don Guillo' Andares, PhD  
Gardening Tips for Puerto Ricans

Alberto González

Music Reviews

Elena Cintrón Colón

Primos Editor

Diego Matos Dupree  
Tavernero

Joe Román Santos  
Editor

Lisa Santiago Brochu, Chef  
Restaurant Reviews

Luisa Yaliz Alaniz Cintrón, MD  
Guest Writer

### Support Staff

Fernando Alemán Jr - Web Consultant

José Rubén de Castro -Photo Editor

María Yisel Mateo Ortiz -Development

### Special Thanks to . . .

Tayna Miranda Zayas of  
MarkNetGroup.com

George Collazo -PhotosofPuertoRico.com

There are three Puerto Rico's you need to learn about; the old, the new and the natural. Learn about our little *terruño*. Subscribe to EL BORICUA, a monthly cultural publication for Puerto Ricans.

<http://www.elboricua.com/subscribenow.html>



## *Visit Puerto Rico . . .*

So, all your friends know you are a very proud Boricua. What do you say when they tell you they are finally going to visit your homeland and want suggestions of things to do there and where to stay and where to visit? We all have been asked this question. The answer is simple.

Eat Puerto Rican food exclusively. Stay on a beach hotel where you can stroll on the sand barefoot after dark and enjoy the cool waters. Spend the first day in romantic Old San Juan where you can walk on the oldest paved streets in the New World, where you can visit the remains of Juan Ponce de León, where you can visit old castles and fortresses – all in close proximity. In the evening go bar hopping and enjoy a Piña Colada in the very same bar it was originally created.

Reserve one day for El Yunque Rain Forest where the Taíno God Yukiú resides. If you want to immerse yourself in the natural beauty of the island's interior, this is where you want to be, lush vegetation, birdsong, the musical chirp of the coquí frog. It is a sublime, calm, majestic place. And it is the only rain forest in the United States.

Visit La Parguera and stay over there one night. There's really nothing quite like it. A swim in one of Puerto Rico's bio-bays is a thrilling experience where you literally glow in the dark, thanks to organisms in the water that react to you, as well as just about everything else. They're harmless to you (and you to them), and they make swimming at night a wondrous, shimmering fantasy.

Drive the old country roads inland and eat roasted pig on a spit at Guavate on Saturday or Sunday. Yes, visit the Bacardi plant in Cataño and take a ride on the ferry.

Visit Camuy Caves an incredible network of subterranean caves. Visit Arecibo Observatory the site of several movies is the world's largest single-dish radio telescope. It's a breathtaking construction that covers around 20 acres.

Spend a day at the beach and eat cuchifritos from street vendors. Then go dancing in the evening. There are also many opportunities for nature and trek activities.

Go whale-watching, surf in some of the best surfing beaches in the word, go fishing, sailing, and scuba-diving in the clear turquoise waters of the Caribbean Sea.

The possibilities are endless. Tell your friends about our Isla del Encanto, tell them about . . . Puerto Rico.

El Morro's official name is 'el Castillo de San Felipe del Morro, in honor of King Phillip II of Spain. El Morro history began in 1539 by Spanish settlers and took about 50 years before it was fully functional. It is a rocky web of tunnels and barracks, towers and prisons. Probably the most famous monument from Spanish colonial times, the fortress stands out on a rocky islet, forever a reminder of a different age.

## **Speaking Puerto Rican . . .**

What is a patatu? Attack of obscure origin that can strike at any time. Could be serious enough to require hospitalization, yet is undetected by medical technology. Victims tend to be males and females over the age of 50 years.

## **Refrán . . .**

Donde pone el ojo va la bala.

## **Trivia**

In 1907 the State of Florida, with 'Act Ch 5715 – No. 120', attempted to recover Juan Ponce de Leon's body. The attempt failed and the body remained in Puerto Rico.

Guest Articles are always welcomed, just email to [elboricua\\_email@yahoo.com](mailto:elboricua_email@yahoo.com)



[http://www.elboricua.com/CCNOW\\_Calderos.html](http://www.elboricua.com/CCNOW_Calderos.html)

**BORICUA . . .**  
**is a powerful word.**  
**It is our history,**  
**it is our cultural affirmation,**  
**it is a declaration,**  
**it is a term of endearment,**  
**it is poetic . . .**  
**. . . . . it is us.**

# Tainos

The Caguana Indian Ceremonial Park in Utuado, located in the central cordilleras of Puerto Rico – the heart of the island, is considered the most important Taino Culture archaeological site in the Caribbean. It is an awesome, serene drive thru forested areas. You will be glad to have visited.

A ceremonial site, the Caguana Park, is an important archaeological site that allows us a glimpse into the world of our Tainos. There will be plenty of photo opportunities, take your own petroglyphs shots.

The site was built around 1270 A.D., featuring 10 plazas of various sizes and 21 petroglyphs. Archaeologists said that this had been continuously occupied for more than 300 years up until around the start of the Spanish colonization. The central plazas were outlined with river stones and rocks—each rock carved with petroglyphs of *cemis* (i.e., Taino deities). It was in a plaza like this, that Taino cacique, Agueybana II, plotted to overthrow the Spanish *conquistadores* in 1511.

A reconstructed Taino abode, the *bohio*, stands on the ceremonial place's landscape. The expanse of the valley is circled by karst hills of lush rainforest and giant ferns. In this small valley rests the rectangular ball courts of the Tainos.

Here, on this very earth, the Tainos tread the ground, breathed the same air we breathe, were mystified by the unseen forces of nature. Here is where ceremonies and events were held including *Areytos*, dancing, drum beating, ball games called *batey*, and religious events. It is a place to reconnect with the past. A must visit sacred place of our unique ancestry.



## Boricua Calendar

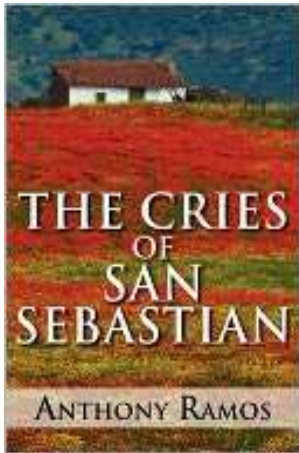
- May 3, 1936 José "Cheguí" Torres, boxing champion, writer, politician. May 3, 1936 – January 19, 2009
- May 9, 1933 Cock fighting legalized in Puerto Rico
- May 10, 1838 Sandra María Esteves, poet is born in New York.
- May 10, 1889 b. Antonia Sáez Torres (1889-1964), educator and playwright. Won awards from the Institute of Puerto Rican Literature.
- May 13, 1829 b. Segundo Ruiz Belvis (1829-1867), lawyer, politician, abolitionist. Was born in Hormigueros.
- May 14, 1876 b. Luis Lloréñz Torres (1976-1944), lawyer, politician, and renowned poet. Wrote "Canción de las Antillas".
- May 16, 1857 b. Juan Morel Campos (1957-1896), famous musician and composer, wrote many danzas.
- May 16, 1897 b. Bolívar Pagán (1897-1961), lawyer, politician, writer. Was born in Guayanilla. Was president of the Socialist Party.
- May 22, 1972 National Conference of Puerto Rican Women is established.
- May 22, 1892 b. José P. H. "Peach" Hernández (1892-1922), pharmacist, musician, poet. Was born in Hatillo.
- May 23, 1919 b. Ruth Fernández, world famous popular music artist, politician, former senator in Island's senate.



**Don Guillo, the gardener . . . .**

Now it's time to plant *ajies dulces*, seeds can be purchased on line if you don't have any. When you do have *ajies*, save the seeds for next year. Hurry now before it's too late. Plant them they want you would plant other seeds – and plant plenty for a great harvest. These can be run thru a blender with a bit of olive oil, then frozen, scrape off what you need then back in the freezer.

## Book Reviews



### **The Cries of San Sebastian**

by: Anthony Ramos

Historical Novel

Publish American  
Baltimore  
2011

Paperback  
575 pages

This is Anthony Ramos second book. Tony is a contributing editor for El Boricua. His column, In My Opinion is widely read and popular with our viewers. Anthony likes to write historical fiction. This is a fascinating novel full of Puerto Rican history and lo nuestro. He masterfully weaves in our history and culture into a fictional and entertaining book. Amazing talent!

New York, NY - When Rosalía Hernández, the daughter of a powerful and feared Spanish landowner in 1860's Puerto Rico, falls in love with a rebel peasant from the mountains of San Sebastián, she unwittingly becomes the focal point behind her father's hatred toward the Creoles and African slaves. His relentless quest to kill anyone associated with the insurgency will erupt into a fatal confrontation. Anthony Ramos takes readers back in time, to colonial Puerto Rico, to examine the age-old hostilities between the Creoles and their Spanish masters in his new book, The Cries of San Sebastián (now available through [www.barnesandnoble.com](http://www.barnesandnoble.com), [www.amazon.com](http://www.amazon.com) and [www.publishamerica.com](http://www.publishamerica.com)).

On a trip to their country estate in San Sebastián, Rosalía soon learns that the world outside the mansion in San Juan is much different from the aristocratic world to which she been accustomed for the first eighteen years of her life. While in San Sebastián, Rosalía becomes a witness to the harsh realities of Puerto Rico's poverty, bigotry and diseases, and during a trip into town, she befriends and later falls in love with Miguel Pítre, a peasant Creole farmer. Soon after their meeting, Miguel takes a huge risk in confiding in Rosalía his rebellious ideals as well as his membership in a revolutionary cell dedicated to the liberation of his country. Determined to overthrow the Spanish government by violent means, Miguel has committed to giving up his life in the war for independence. Caught in the frenzy of a revolution and because of her love for Miguel, Rosalía joins the rebellion, incurring her father's wrath and becoming a victim of his brutal physical abuse. Angered that Rosalía has fallen in love with a peasant and not with a man of his choosing, her father imprisons her in her own home and then sets out to determine whether the rumors of a rebellion are true.

Through spies and paid informants, Rosalía's father confirms that the plans for a peasant revolt are real. Fearing the rebels will bring about the loss of his financial empire, he plots to have the revolutionists arrested and Miguel hanged. As the rebellion moves forward Rosalía's relationship with Miguel blossoms, despite her father's best efforts to thwart her happiness, and she will face a hard decision: whether to leave Miguel and rejoin her family or stay with Miguel and fight against her family and country.



### **Café Don Pedrito**

one serving

3/4 oz dark rum  
1 oz Kahlua coffee liqueur  
5 oz strong, hot, black coffee  
1½ oz whipped cream  
1 tsp sugar

Rim large mug or tazón with lemon juice and sugar. Pour coffee and liquors into the cup and sweeten to taste. Stir and then float the cream on top, sprinkle with grated chocolate, and serve.



Diego Matos Dupree, born in Bayamón, is a bartender (tavernero) for a popular cruise line. He lives on board most of the year and gets to travel the world.

# PRIMOS

Our PRIMOS section journeys through Latin America celebrating our cousins.



## Paraguay . . .

Chipa is a cheesy bread made with yuca, corn and cheese. The dough is prepared, shaped, then baked or fried. It is a traditional Paraguayan food and very-very popular. Chipas are eaten several times a week. Because dinner isn't big in Paraguay, they have "merienda" in the late afternoon. From about 3PM to dark, there are Chipa vendors that walk or ride bikes around town selling fresh chipa door-to-door. Chipa is traditionally half moon-shaped, but it is occasionally ring-shaped like a bagel. Sometimes they are stuffed with meat and vegetables.



**Elena Cintrón Colón**  
Primos Editor

\* Elena, born and raised in Puerto Rico to Brazilian and Peruvian parents, lives in Buenos Aires most of the year. She works for a large South American firm and travels throughout Latin America.



In Paraguay there are Pacas, a delicacy, primarily live in tropical rainforests but are also found in a wide variety of forest habitats, including mangrove swamps, deciduous and semi-deciduous forest, dense upland scrub, and narrow growth along river banks.

They eat mainly fruit but their diet changes throughout its range and based on the seasons. Other foods include roots, seeds, leaves, buds, and flowers. In the wild, pacas are herbivores, meaning they eat only plants. In captivity, they are omnivores, meaning they eat both plants and flesh. Pacas in zoos eat fruits, vegetables, raw meat, lizards, and insects.





### Cocina Criolla – Cooking Hints

By: Anna María Vélez de Blas

In cooking, the ability to follow recipes is one of the most important basic skills. Recipes expose cooks to new ideas, techniques, and disciplines. The possibilities are endless and easily accessible when you use these simple cooking basics.

Make sure you have all ingredients on hand and enough for the recipe. Make sure you have all the tools needed, pans, blender, mixers, etc.

Read ahead. Before you begin cooking, read the recipe a few times. Pre-measure the ingredients and place them in separate containers. Complete any prep work such as chopping, peeling, or washing. This will save time and allow you to focus on the directions.

Don't take shortcuts! This is especially important for beginners. It can be tempting to modify certain parts of the recipe, but unless you are a seasoned cook, this can lead to disaster. A well-crafted recipe is very precise, and seemingly minor details can play a big part in the overall result.

Start easy. Make arroz blanco, carne bif and amarillos fritos with a salad. These are easy dishes without a lot of ingredients and steps. The rice just needs boiling water and salt. For the meat, sauté sofrito in olive oil for a bit, add tomato sauce, bring to a boil, add the meat, canned diced potatoes, olives and capers. Peel the plantains, slice and fry until brown on each side, turning only once. Drain on paper towels and salt them. Make a salad.

You got a terrific Puerto Rican meal in under 30 minutes. These recipes are found on [elboricua.com](http://elboricua.com).

*\*Anna is a Recipe Tester for EL BORICUA and is also a professional Chef, she lives in California with her husband, Joe and their three children.*



### Jaime in the Kitchen

A Food Blog

When my children began complaining about eating McDonalds and pizza everyday for dinner, I knew it was time to get serious about that room with the refrigerator and snack closet.

So, reluctantly I bought a few cookbooks but everything seemed so complicated. What really helped me by getting me into the 'spirit' was the Food-Channel – but some of those recipes and ingredients were weird – what's fennel? First I made sandwiches, then fancier grilled sandwiches – they came tired of that too.

Then I got wise and searched for Puerto Rican recipes on the net – and wah! found El Boricua. I decided to first try the Habichuelas Rapiditas, yellow rice, and tostones too. I was so excited that I couldn't wait to cook. I became an instant success and a star in the eyes of my children. They did not have to wait to fly to Puerto Rico to eat Puerto Rican food anymore.

So now I want to do my share for mankind, especially for all you single Riqueños out there by offering you a few simple tips. First turn off the smoke alarm first (but don't forget to turn it back on after dinner). Important to remember that pegao is different than arroz quemao – watch that rice.

There is a trick to peeling green plantains if you are lucky enough to find them. Don't use a potato peeler, use a small sharp paring knife, slice off both ends, make a cut in the skin lengthwise on both sides and pry the skin loose. How to get 'la mancha' off your skin? Wash with soap and salt, lots of it until it comes off. Better yet, buy frozen tostones. When frying tostones use a grease splatter cover - always.

That first week we ate Arroz Amarillo, Habichuelas Guisadas (rapiditas) and tostones, three times. After that successful meal I often called Mami in Mayagüez for direction. 'Oye Mami, quiero hacer esto y aquello'. She never becomes tired of helping me cook by phone. I love my mother! Feliz Día de las Madres Mami! Te quiero mucho, mucho!

Hasta la próxima. Jaime

\* Jaime Garibay Rivera, Ph.D. is a retired college professor (Aerophysics), now living in Miami. He has three children with family roots in Mayagüez.

## Nuestra Cocina Criolla



### Bolitas de Bacalao

½ lb bacalao, reconstituted, blotted dry, and shredded by hand  
 4 eggs, beaten  
 1 cup bread crumbs  
 ½ cup parsley, minced  
 3 cloves garlic, minced  
 ¼ cup onion, minced  
 1 tbp milk  
 Salt  
 Pepper

Mix all ingredients together and form into balls. Might need a bit more milk to hold it together. Roll in bread crumbs. Fry until golden.



### Puerto Rican dipping sauce . . .

½ cup olive oil  
 3 tbs Recaito  
 1 tp mustard  
 3 tbs ketchup  
 1 tb hot sauce  
 3 cloves freshly mashed garlic or to taste  
 Salt and pepper to taste  
 Juice of one lime

Mix together and refrigerate.

### Pan de Agua

1 pack active dry yeast  
 1 tablespoon sugar  
 2 cups warm water  
 1 tablespoon salt  
 5 cups all purpose flour  
 2 egg whites  
 2 tablespoons of water  
 Cornmeal or flour for dusting the baking board



In a large mixing bowl, mix together the yeast, sugar, and warm water. Cover the mixture and let stand for about twenty minutes. The yeast should form a foam on the top.

In a separate large mixing bowl, mix together the salt and flour. Mix the flour and yeast mixtures together a little bit at a time by adding the flour to the yeast one cup at a time. As you add the flour, the dough will start to form. When all the flour is added, knead the dough for about 10 to 15 minutes until it is elastic and no longer sticky.

Grease a big bowl. Place the ball of kneaded dough into the bowl, cover, and let rise for 1 1/2 to 2 hours. The dough should double in size.

When the dough is ready, flour a work area. Place the dough on it and separate into two equal portions. Knead the dough portions into two separate long loaves, about 12 to 14 inches.

Using a large baking board or cookie sheet that will hold both loaves of bread, sprinkle some cornmeal or flour. Cornmeal works better, but flour will do.

Place the loaves on the board and using a sharp knife place 3 to 4 slashes along the top of the loaves.

In a bowl, mix together the egg whites and water. Brush the mixture on top of the loaves of bread.

Place the loaves on the center rack of a cold oven then place a shallow baking pan on the rack below the loaves. Fill the shallow pan with 1 cup boiling water.

Wait 10 minutes and then turn the oven on to 400 degrees and let bake for 35 minutes. The internal temperature of the loaves should be 200 degrees. The loaves should be golden and a little crusty.

Serve warm with butter and café con leche.

## Nuestra Cocina Criolla



### Gandinga (Liver Stew)

- 2 lbs Gandinga (pork or beef liver)
- 2 medium onions
- 2 tomatoes
- 2 bell peppers
- 1 ají dulce
- 1 stem of cilantro
- 2 cloves of garlic
- 1 cup of water
- 1/4 teaspoon de oregano
- 1 1/2 teaspoon salt
- 1 teaspoon vinegar
- 3 teaspoons achiote oil
- 1 teaspoon capers
- 1/4 cup olives
- 1 lb potatoes

Finely chop the onion, cilantro, tomato, ají dulce and bell pepper.

First add the the manteca de achiote to the pan.

Cut the gandinga in small pieces and add it to the pan with the chopped onion, tomato, ají dulce, bell pepper, oregano, salt, water, vinegar, capers and olives.

Cook at medium-heat for one hour. While it's cooking, dice the potatoes.

Add the potatoes and continue cooking until the potatoes are tender.

Serve over white rice with a side of tostones or amarillos.

### Bizcocho de Chinas

Puerto Rican Orange Pound Cake

- 1 yellow cake mix
- 1 box vanilla instant pudding (3.9 oz)
- 2 tbs grated orange rind
- 2/3 cup orange juice
- 4 eggs
- 1/2 cup vegetable oil
- water

Note, reduce amount of water listed on cake box by 2/3 cup. Mix all ingredients together. Bake in greased bread or bunt pan. Bake for about 55 minutes until done. Cool for about 10 minutes and remove from pan. Ice when completely cool.



### Azucarado de Chinas

Orange Icing

- 1/4 cup orange juice
- 1/4 cup melted butter
- 1 tb grated orange rind
- 3 cups powder sugar

Mix ingredients together until smooth.

### Puerto Rican Sangria Recipe

- 1 bottle of red wine
- 1 cup white Puerto Rican rum
- 1 cup orange juice
- 1 cup pineapple juice
- 1/2 cup lemon juice
- 1 cup sugar
- Slices of tropical fruit



Add all ingredients in a chilled pitcher and stir, add fruit and refrigerate until serving.



### Mami

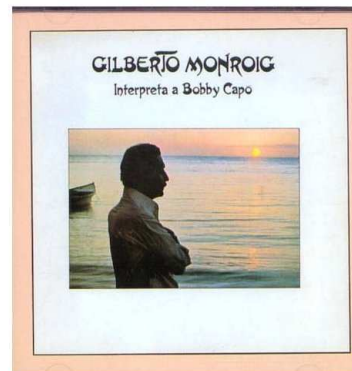
Te recuerdo mami,  
aún recuerdo la triste despedida  
cuando mi alma se cubrió de llanto,  
por mi madre a quien quiero tanto  
y para siempre se quedó dormida.

Una tristeza grande me envolvía  
el día en que, cual un ave viajera,  
partió en busca de otra primavera  
dejándome el dolor de tu agonía.

Como me debatí envuelto en llanto  
al decirte mi adiós, con gran cariño,  
con profundo dolor y desencanto,  
con el incierto y cruel destino riño,  
pues me quito a la que quise tanto  
y me dejo, llorando. Te quiero y te extraño.



## Nuestra Música



### Gilberto Monroig “Interpreta a Bobby Capó” (1979)

Gilberto Monroig “Interpreta a Bobby Capó” is an unforgettable Bolero album with songs written by one of the best Puerto Rican authors, Bobby Capó, arranged and directed by one of the best Puerto Rican music directors, Mandy Visozo, and interpreted by one of the best Puerto Rican Bolero singers, Gilberto Monroig. It is a production that cannot be missed by any of this romantic genre’s followers.

Gilberto, from Santurce, P.R., started his artistic career in the 1940s, became part of another great one, Tito Puente’s orchestra in the 1950s, later on consolidating his popularity as a soloist singer, recording uncountable songs from many different important authors, such as Pedro Flores, Rafael Hernández, Edmundo Disdier, Plácido Acevedo, Silvia Rexach, Felipe R. Goyco, Paquito López Vidal, Noel Estrada, and others. Immortal songs like “En mi viejo San Juan”, “Llanto de luna”, “A mi manera”, “Simplemente una ilusión”, “Copa de vino”, “Nostalgia”, and “Estando contigo”, were part of his many recordings along his extensive career. A deep, resonant, full range voice was his asset, a microphone and a cigarette, his trademark.

In “Interpreta a Bobby Capó”, the songs “Piel canela”, “Soñando con Puerto Rico” and “Sin fe”, were probably the most popular ones, but the perfect lyric-arrangement-voice combination in this recording, makes all songs a favorite.

*-Alberto González lives in South Florida and works in Spanish & ESL education. Graduated from the Inter American University of Puerto Rico and attended the Music Conservatory of Puerto Rico-*