



A Cultural Publication for Puerto Ricans

From the editor . . .

Yes, you too can celebrate Noche de San Juan – wherever you are. Are you looking for a little good luck, or perhaps you just want to experience a local tradition? *La Noche de San Juan*, or *Saint John's Night*, is celebrated annually on the night of June 23. To take part in this tradition, all you need to do is get yourself to a beach, be prepared to stay up late and get wet. Are you ready to get lucky?

The whole island of Puerto Rico was originally called *San Juan* in honor of Saint John the Baptist, while the small island of what is now Old San Juan was originally called *Puerto Rico* (or *Rich Port*). But confusion over the name led to a switch to the names that we use today. But Saint John the Baptist (*San Juan Bautista*) is still the patron saint of Puerto Rico and its capital city, San Juan.

Saint John the Baptist's birthday is June 24th, so every year people celebrate his birthday with traditions. In Puerto Rico, at exactly midnight between June 23 and 24, on the eve of his birth, people walk backward into the ocean and fall backwards into it. They do this 3 times in a row. The water is said to be "blessed", so dipping into it is supposed to clean you of the bad things so as to bring good luck or at least help ward off evil throughout the year.

Aibonito celebrates every year the famous "Festival de las Flores", featuring exhibits and sale of the most popular and newest varieties of tropical flower and plants, as well as crafts. The annual flower festival features exhibits of lilies, anthuriums, carnations, roses, gardenias, begonias and other tropical plants as well as food, music, and merrymaking. The festivities also features music and food.

Feliz Día de los Padres . . . !

Siempre Boricua, Ivonne Figueroa



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Nature and Adventure

Joe Roman Santos, Editor

The best hotel beach in Puerto Rico, in my opinion, is El San Juan Hotel & Casino. This posh resort occupies the choicest beachfront real estate in San Juan at the heart of Isla Verde, a wide golden beach lined by luxury hotels and condominiums on one side and aquamarine waters on the other, evoking South Miami.

The lush, multi-level pool area and outdoor restaurants form an oasis of cool right off the beach, which pulsates with beautiful crowds and activity every day of the week. You can do it all, from parasailing to taking a catamaran trip, but sunbathing and splashing in the surf are the main attractions here. The hotel has a full array of watersports and other activities and is home to some of the city's best restaurants and nightclubs.

The prices are high but they are certainly worth it, at least once in your life.



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.

CREDITS

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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

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Tayna Miranda Zayas of
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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.

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VISIT PUERTO RICO . . .



Historic Old San Juan, the walled city, a charming city with narrow streets paved with adoniques.

San Juan Municipio

The population of the San Juan Metropolitan Statistical Area, including San Juan and the municipalities of Bayamón, Guaynabo, Cataño, Canóvanas, Caguas, Toa Alta, Toa Baja, Carolina and Trujillo Alto, is about 2 million inhabitants; thus, about half the population of Puerto Rico now lives and works in this area.

Trivia . . . As of the 2000 census, San Juan had a population of 420,326 making it the 42nd-largest city under the jurisdiction of the United States

Speaking Puerto Rican . . .
COCOTAZO---also referred to as the 'Fuacate'. The crippling effect from a closed fist with the middle finger slightly raised above the others, then comes the quick snap of the wrist. Usually landing on the top of victims head.....(a favorite of fathers and grandfathers) .

Refrán . . .
Nada puede dar quien nada tiene.

Print your copies of EL BORICUA and file them in a 3-ring binder.



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.



Luisa Yaliz Alaniz Cintrón, MD

Child Psychiatrist & Behavioral Expert with family roots in Ponce.

The biggest problem I come across in my practice is parents that end up afraid of their own children because of the lack of discipline. Some children are easier to raise than others, some will test you at every turn.

Rewards may take the form of verbal praise, a smile, special attention or activities, physical affection, extra privileges or material benefits.

Discipline should be consistent, reasonable and appropriate to the child's age. Rules should be as few and as clear as possible. Punishment, when required, should be immediate and inevitable, and should be just and directed toward the undesired behavior rather than the child. Parents should discipline their children with love, understanding, patience and tolerance. Talk to your child and explain what he did wrong. Tell him there will be temporary isolation ("time-out") or temporary removal of a privilege.

Parents should be exemplary role models for their children.

Taínos



Taínos would have been familiar with this slow moving creature, and would have eaten it.

However, evidence shows that this species was almost extinct during the Taíno reign in Puerto Rico and the Caribbean in general. The slow moving creature was easily hunted and was a rarity.

Sloths have inhabited the Americas for millennia. In Florida there are fossil sloths that stood over 20 feet tall! Sloths (biological families *Megalonychidae* and *Bradypodidae*) are today found only in Central and South America, but they also had occupied the larger Caribbean islands.

The fact that sloths survived in the Antilles long after they disappeared from most of the Americas (approximately 11,000 years ago) is an indication that humans had a hand in their extinction.

Just as the giant sloths of Florida were exterminated shortly after the arrival of humans, new evidence from the insular Caribbean indicates that they suffered a similar fate.

There has been 13 different species of sloths identified so far across the Caribbean islands (living on Cuba, Hispaniola, Puerto Rico, and Curaçao), none of which survived the encounter with man.

Boricua Calendar

- June 3-6 The Heineken Jazz Fest is one of the biggest music festivals in the Caribbean. The festival takes place at the Tito Puente Amphitheater in San Juan.
- June 4-6 The town of Lares throws a festival to celebrate the *guineo*.
- June 10, 1942 b. Anthony J. Alvarado - first Boricua appointed NYC School Chancellor.
- June 12, 1927 b. Angela (Angie) Cabrera, politician and energetic civic leader in NY
- June 13, 1999 Puerto Rican Day Parade in NY
- June 17, 1833 b. Francisco Oller Cesteros, world famous painter was born in Bayamón.
- June 20 Vieques holds a Paso Fino horse riding competition for Father's Day
- June 20, 1874 "La Voz de Puerto Rico," edited by Eugenio María de Hostos is first published in NY.
- June 21, 1955 The "Instituto de Cultura Puertorriqueña" is established.
- June 21, 1939 b. Rubén Berríos, lawyer & politician is born. In 1970 he was elected President of El Partido Independentista Puertorriqueño.
- June 23, 1935 b. Maurice Ferrer, first Boricua Mayor of Miami.
- June 24 "Noche de San Juan" is celebrated by walking backwards into the ocean, three times, at midnight, for good luck.
- June 25, 1881 b. Miriam M. de Perez Almiroty was the first female legislator in Puerto Rico.
- June 27, 1791 b. Birthdate of Roberto (El Pirata) Cofresí.



Don Guillo, the gardener . . .

Puerto Rico is rich in history and culture. It also has a perfect climate to grow some of the prettiest flowers and plants imaginable. Caguas decided to put these things together and opened the Botanical and Cultural Garden. It is a must visit sight.

Quenepas is a fruit that grows on a large tree, *Melicoccus bijugatus*. Outside of Puerto Rico they are sometimes called mamoncillo, mammon, limoncillo or **genip**. The tree is native to the Caribbean islands and also South and Central America, Mexico, and parts of Africa and the Pacific. The fruit is green at maturity. Each fruit has a large seed inside, the same ovoid shape as the fruit itself. The seeds have a fleshy peachy-colored edible seed coat.



Quenepas are everywhere in Puerto Rico and are always served with a warning. Don't swallow the pit!

The tough outer shell bursts easily between your teeth with just the slightest pressure revealing a slick, fleshy pulp clinging to a pit. The texture feels almost inappropriate, but the fruit tastes of sweet lime and roses. Eating it is dangerous, since the smooth ball can easily slip down a throat.



Bacardi Lime Daiquiri

3 parts Bacardi Superior Light
 1 part fresh lime juice
 3 Lemon-Lime soda

Prepare ahead in a nice glass pitcher and refrigerate until needed. Start with a ½ cup measuring cup to use as the measure (for a really big pitcher use 1 cup.)

So, it is 3 measures of Rum, 1 measure lime juice, 3 measures Soda.

Stir without adding ice, refrigerate, pour unto glasses filled with ice. Use a lime wedge to decorate.

If this is too strong, just make it 4 measures of soda.



* 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.



Tarta Pascualina

A delicacy in Argentina

2 pie crusts--store bought or homemade
 2 packages (9 oz.) frozen spinach
 2 cloves garlic, crushed
 1 cup ricotta cheese
 1 cup mozzarella cheese, shredded
 1 cup parmesan cheese, shredded
 1/2 teaspoon nutmeg
 1 teaspoon salt, or to taste
 1/4 teaspoon pepper, or to taste
 1 tablespoon cornstarch
 2 tablespoons milk
 6-8 eggs
 butter, for greasing pan

Preheat the oven to 350°. Defrost the spinach by heating in the microwave or in a pot on the stove top over medium heat. Heat the spinach to defrost, but do not heat it up too hot. Let cool before handling. Place the spinach in a linen towel, and squeeze out to drain the moisture from the spinach. Not until it's totally dry, leave a little moisture.

In a medium bowl, mix together the spinach, crushed garlic, ricotta, and the mozzarella and parmesan cheeses. Season with the nutmeg, salt and pepper, and mix well to combine. Dissolve the cornstarch in the milk, and add the milk mixture to the spinach and cheese mixture and stir well until incorporated.



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.*



The history of tango began in Buenos Aires, Argentina in the late 19th century. The dance started in the lower-class districts of Buenos Aires taking place in the periphery of the city, bars, cafes and courtyards. Then tango took the next step into more established Dancing Houses and later inside middle and high class Argentinian homes.

Tango became a huge hit in the big capitals; London, Rome, Berlin and New York. 1913 became a peak year for tango all over the world being the dance everyone wanted to learn, even changing fashion. The best of Argentina is the sultry Tango...



Cocina Criolla – Cooking Hints

By: Anna María Vélez de Blas

Speaking of sandwiches, mamá used to make delicious sandwiches for my classroom fund raising events in Puerto Rico using regular sandwich bread and her special spread. My sandwiches were the first to go.

I call it the **Orocovis Cheese Spread**

1 8-oz pkg cream cheese, softened
 1/4 cup mayonnaise
 2 tsp finely grated onion
 1 garlic clove, finely minced and mashed
 1/2 tsp sugar
 15 olives, pitted
 1 tpb pickle relish
 1/8 tsp black pepper
 1/2 tsp recaito sofrito
 2 cups shredded cheddar or colby cheese
 1 4-oz jar pimientos, drained

All this gets run thru the blender until soft. Cover tightly and refrigerate. Make sandwiches and cut off the edges and serve. I also like to spread this on toasted French bread sandwiches. It is finger-licking good.

This can also be spread on slightly warm four tortillas and rolled up then sliced into rings and served as appetizers.



**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

One year my oldest child gave me the greatest Father's Day gift by changing his last name legally to mine (he came into my life with his mother, then she left and he wanted to stay). RG has a never ending love for pork or pernil sandwiches (he like his Dad, me!). Having already been declared Sandwich-King by my children, after having prepared plenty of Puerto Rican pork sandwiches, we traveled to the Bronx for a graduation and he asked . . . how come your pork sandwiches are so flat and theirs are so BIG and juicy? After that I learned how to make my own pernil and made historic two-story pork sandwiches.

It became a tradition at my house on Friday nights to rent a movie (back then it was videos), make pernil sandwiches and serve with platanutres (store bought of course). Those were the days.

After many tries I found the best recipe with the clearest instructions. Season the meat very well with lots of garlic, salt, pepper, and a bit or oregano. Remove the skin and season under it too. Cook on high at 400° for one hour, then on low for several hours until done (and that depends on the size of the pernil). Don't sit it up on a rack, let the grease melt down thru the meat and then let the meat sit on the grease (juicy). No letters from the healthy food brigade please. Remove the meat from the pan and let it sit on the counter until it cools. By this time the whole neighborhood knows what I'm up to.

With a big sharp knife slice the meat into 1½" slices. Now you don't want to wait too long to put it away because the kids will be picking on the meat, the next door neighbor might decide she needs to borrow some sugar and your meat will disappear along with the dreams of another great sandwich. Hurry, wrap those thick slices and get about half of it into the freezer for another time. Get French bread, mayo, mustard, pickles, Swiss cheese slices, sliced ham, pernil slices and make yourself a man-sandwich. Grill the sandwich on a pan on both sides. Happy Father's Day!

Hasta la próxima! Jaime Garibay Rivera

Nuestra Cocina Criolla



Bizcocho de Piña Puertorriqueño
... made easy

1 yellow cake mix
1 small box vanilla pudding mix
4 eggs
1/3 cup oil
20 oz. can crush pineapple, divided

Glaze
1/4 cup butter
3/4 cup crushed pineapple
2 cups powder sugar

Preheat oven to 350°F. Grease and flour Bundt pan pan.
Set aside 3/4 cup of crushed pineapple for glaze.

In a large mix bowl combine cake mix, pudding mix, eggs, and remaining pineapple. Mix on medium speed for 3 minutes. Pour into prepared pan. Bake for 45 to 55 minutes or until a toothpick inserted in center comes out clean.

For glaze; in small sauce pan melt butter add the 3/4 cup crushed pineapple and powder sugar, stir until sugar is dissolved. Spoon glaze over cooled cake.



Oven-Fried Criollo Style Chicken

Let chicken sit at room temperature for about 20 minutes.

In the meantime, heat up the oven to 350°
Prepare an oven pan by spreading olive oil on the bottom.

Heavily sprinkle the chicken with Adobo. Bake, skin side up, for 20 minutes at 350° then bake for an 10 additional minutes at 375° on each side. It should be tender inside and crunchy on the outside.

The chicken pictured was sprinkled with Abodo then lightly rolled in flour seasoned with Abodo, but it can also be prepared the same without flour.



Serve Tostones as a side dish with just about any dish. The recipe is on our website. Mix a little bit of mayo, an even smaller amount of ketchup, and mashed garlic for dipping.

Nuestra Cocina Criolla



Puerto Rican cuisine has an exciting and delicious flavor – no need to tell you that. A staple in Puerto Rican cooking is habichuelas negras. Some argue that Black Beans ‘guisadas’ came from Cuba and some argue that it originated in Puerto Rico. Nevertheless, habichuelas negras guisaditas are delicious!

This is also a great dish that can easily become a soup with the addition of extra chicken stock, vegetables (potatoes, corn, carrots or whatever is in your fridge) and maybe sausage.

This is a sinfully delicious recipe as well as sinfully easy to prepare.

Habichuelas Negras Guisadas

2 Tbsp. Olive oil
 1/2 cup onion, finely chopped
 1/4 cup green pepper, chopped
 2 cloves garlic, minced
 1/4 cup sofrito
 1 cup chicken stock or water
 3/4 cup water
 1 tsp. oregano
 1 Tbsp. white cooking wine
 1 15.5 oz can Black Beans, undrained
 1 packet Sazon con Culantro y Achiote

Heat oil in large skillet over medium heat. Add onions, pepper, garlic, and sofrito. Cook until tender about 8-10 minutes. Stir in remaining ingredients. Bring to a boil. Reduce heat and simmer 10 minutes.

Serve over hot white rice with tostones.
 Serves 4

Arroz Blanco Basic white rice



Boil 3 cups water. Rinse 1½ cups rice, drain. Heat a small caldero, add about 1/3 cup vegetable oil. Add the rice and enough hot water to cover rice about 1½” above rice line. Add 1½ tps salt and stir just a bit. Bring to a boil over high until water evaporates. Cover and simmer on low for 20-25 minutes. Don't stir any more.

Arroz blanco is usually everyone’s first style of rice when learning to cook. It is simple, easy and tasty.

Note, our hints are only for rice cooked in a caldero on the stove, not for oven cooked American-style rice.

- 1 cup raw-uncooked rice makes about 3 cups of cooked rice.
- Half a cup uncooked rice is enough for 2 people, makes about 1½ cup cooked rice.
- Water to uncooked rice ratio is about two to one. (2 water and 1 rice).
- 1 tsp salt per cup of rice.
- ¼ cup oil per cup of rice.
- Cooked rice may be frozen for later use.
- Cooked rice keeps in the fridge for one week only.
- Stirring the rice after it has begun cooking may cause it go get sticky or "amogollao."
- Too much water will also cause rice to become amogollao.
- White rice is perfect to serve with habichuelas negras
- White rice is the choice to serve with Carne-bif

For more Puerto Rican rice hints visit our website and select Food and Recipes.

Book Reviews



I received this book directly from the author John DeJesus, whom I never knew before, and decided to read it during a recent road trip. Let me tell you reading it was addictive. I tried to put it down for periods of time, since I recently had eye surgery and did not want to overdo it, but I was not able to stay away for long and stopped only when my eyes became tired.

'Taco' is the title of this book and it is autobiographical since the author recounts small snippets of his youth growing up Puerto Rican in Brooklyn. It is easy reading that will bring a smile to your face. The author writes with warmth candor and relates tales of the people he knew, his friends, and his family.

A heart-warming book, 'Taco' is about survival, about growing where you are planted, a book about realizing goals and dreams, about family and those you love. It is easy reading and excellent writing.

'Almost every adult in the neighborhood has a title. It was either Don or Doña, tío or tía, suegro or suegra, or Fulano de Tal. I always thought it was because they were Royalty, but Mami said it was out of respect.'

Title: Taco

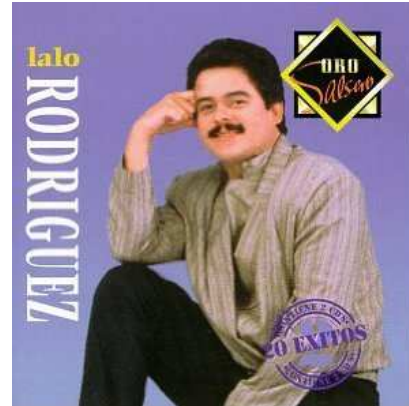
Publisher: John E DeJesus 2010

<http://www.tacothebook.com>

Available thru Amazon.com and Barnes and Noble.

DeJesus was born in Puerto Rico, grew up in Brooklyn and lives in New Jersey. He is a screenplay writer and this is his second book.

Nuestra Música



Lalo Rodríguez
"Oro Salsero" (1994)

Thanks to his privileged voice, a teenager by the time, Ubaldo "Lalo" Rodríguez found his way to become part of the great Eddie Palmieri's group in the early '70s. While working with Eddie, Lalo with his high pitched and very melodic voice popularized hits like "Nunca contigo", "Un puesto vacante", "Nada de ti", "Un día bonito", and from his own inspiration, the immortal bolero "Deseo salvaje".

Following this era with the explosive Palmieri's band, Lalo recorded in 1977 an album with Cuban musician Machito, where "Mi ritmo llegó" and another immortal bolero, "Desilusión", were two very popular tracks.

Having a solid exposure with all these hits, his successful first solo album "Simplemente Lalo" was released in 1980, causing radio stations throughout the island to play many of its songs, especially one of his all-time greatest hits "Máximo Chamorro", which back then could be heard all day long in various stations simultaneously. As an excellent bolero singer that he always was, two bolero songs were included in this production.

Years later, in 1988, another huge hit was aired on the radio, "Devórame otra vez", placing Lalo back on top of the charts.

Lalo Rodríguez "Oro Salsero" is a good compilation that reviews this popular singer's trajectory as a soloist, from 1980 on. His two most relevant hits "Máximo Chamorro" and "Devórame otra vez" are included here along with a nice bolero, "No te importa", and many other good songs like "Tú no sabes querer", "Francisco Andante", and "Te estoy pidiendo".

-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-