



A Cultural Publication for Puerto Ricans

From the editor . . .



Happy New Year!

Resolve to make at least one person happy every day, and then in ten years you may have made three thousand, six hundred and fifty persons happy, or brightened a small town by your contribution to the fund of general enjoyment.

Be always at war with your vices, at peace with your neighbors, and let each New Year find you a better man.

He who breaks a resolution is a weakling; He who makes one is a fool.

In January we celebrate Puerto Rican poets, writers, and composers. Hope you enjoy our selection.

Siempre Boricua, Ivonne Figueroa



Read Jaime's Food Blog, sopa de Mariscos (Lobster soup – criolla) on page 7





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Puerto Rican Author You Should Know



Pura Belpré (died 1982) was the first Puerto Rican librarian in New York City. She was also a writer, collector of folktales, and puppeteer. There is some dispute as to the date of her birth which has been given as February 2, 1899, December 2, 1901 and February 2, 1903.

Belpré graduated from Central High School in Santurce, Puerto Rico in 1919 and enrolled at the University of Puerto Rico in Río Piedras. Soon thereafter, in 1920, she interrupted her studies in order to attend her sister Elisa's wedding in New York City, where, except for brief interludes, she remained for the rest of her life. Belpré's library career is intimately tied to her literary career. The first story she wrote and published was **Pérez and Martina**, a love story between a cockroach and a mouse. Belpré also collected many other folktales from Puerto Rico, translated them into English and had them published as children's literature. She was motivated by a desire to bring Puerto Rican culture to the continental United States. In 1931, she authored perhaps the first book published in English in the U.S. by a Puerto Rican author, and certainly the first published by a major publishing house.

Belpré died in 1982, having received the New York Mayor's Award for Arts and Culture that same year. Her archives are held and maintained by the Center for Puerto Rican Studies at Hunter College in New York.

Belpré's name lives on in the fields of Latino and American librarianship and Latino and children's literature as a source of inspiration. The Northeast Chapter of REFORMA named its librarian achievement award in her honor in the 1980s. In 1996, REFORMA national named its first children's book award after her as well. The Pura Belpré Award is presented to a Latino/Latina writer and illustrator whose work best portrays, affirms, and celebrates the Latino cultural experience in an outstanding work of literature for children and youth. It is now co-sponsored by REFORMA: the National Association to Promote Library and Information Services to Latinos and the Spanish-Speaking and the Association for Library Service to Children (ALSC), a division of the American Library Association (ALA).

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

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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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Preciosa

Yo sé lo que son los encantos,
de mi Borinquen hermosa
por eso la quiero yo tanto
y siempre la llamaré preciosa

Isla del Caribe
Isla del Caribe,
Borinquen.

Yo sé de tus hembras trigueñas,
y del olor de tus rosas
y a esa mi tierra riquieña,
por siempre la llamaré, preciosa.

Isla del Caribe
Isla del Caribe,
Borinquen.

Preciosa te llamen los olas
del mar que te bañan,
Preciosa, por ser un encanto,
por ser un Edén

Y tienes la noble hidalguía
de la madre España
y el fiero cantillo del indio bravío
lo tienes también.

Preciosa te llamen los bardos
que cantan tu historia
no importa el tirano te trate
con negra maldad.

Preciosa, serás sin bandera
sin lauros ni gloria.
Preciosa, preciosa te llaman
los hijos del la libertad.

Rafael Hernández Marín (October 24, 1892 – December 11, 1965) was born in the town of Aguadilla and as a child, he learned the craft of cigar making, from which he made a modest living and it was during his childhood also that he grew to love music. Hernandez learned to play various instruments but as historians recount, it was when he learned how to write music that his life and the history of Puerto Rican music would change forever.

In 1937, Hernández wrote one of his greatest works, "Lamento borincano". That same year, he also wrote what is considered by many to be his masterpiece, "Preciosa". In 1947, Hernández returned to Puerto Rico and became the director of the Puerto Rico Symphony Orchestra. He was also a musical advisor to the government-owned WIPR Radio.

Hernandez's talent went beyond composing only patriotic music. He also composed Christmas music, Danzas, Zarzuelas, Guarachas, Lullabies, Boleros, Waltzes and more. Many people in the Dominican Republic consider his composition "Linda Quisqueya" their second national anthem.

Aguadilla derives its name from Guadiya, the Taíno name for the area. It means Garden.

People from Aguadilla are known as *aguadillanos*.



Speaking Puerto Rican . . .

El Puertorriqueño no va rapido: va como bala.

Refrán . . .

Hay que echarle la comida en la boca y moverle la 'quijá.'

Trivia

Aguadilla was the site of the U.S. military's Ramey Air Force Base for almost five decades. During this period, Aguadilla was home to the Strategic Air Command 72d Bombardment Wing, Heavy equipped with B-52s, a very strategic facility during the Cold War. Though the infrastructure still exists, it was handed over to the Commonwealth of Puerto Rico in the 1973. The aerial facilities are now civilian controlled by the Puerto Rico Ports Authority. The facilities now make up the Rafael Hernandez International Airport.



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.

Boricua Calendar



There's a Coquí in My Shoe!

by: Marisa de Jesús Paolicelli
Illustrations by: Tanja Bauerle

Chi Chi Rodríguez Books
Hardback in English

A young boy named Armando discovers a coquí in his shoe. Soon the coquí, whose name is Carlito, and young Armando become fast friends. Armando takes Carlito the next day to San Juan with his mother to sell piraguas, with a plan to get Carlito the coquí back to his home in El Yunque.

What a delightful book! A great story line, fabulous illustrations, and a fun and educational story. Not only does the author introduce the readers to our delightful coquí, she also masterfully weaves in Puerto Rican culture, while at the same time inspiring readers on conservation. At the end it is understood that without conservation our beloved coquí will soon disappear from Puerto Rico all together.



Crash Boat Beach in Aguadilla

I loved this beach – crystal clear waters, clean beach, and aquamarine water. It's a popular place, and very close to town--not to mention well marked and easy to find from PR2. When you walk out on the sand it feels like you're miles from civilization, on the edge of the green jungle mountains. There are stalls and a few restaurant/bars selling pinchos and seafood, as well as picnic tables, etc. Floating in over 6 feet of water I could see straight down and spot all the fish by my feet. This is a party beach! Take your camera.

- January 6 Día de Reyes
- January 6, 1751 José Campeche, known as the island's first painter, was born in San Juan.
- January 9, 1933 Robert Garcia, former Congressman and first Puerto Rican elected to the NYS Senate.
- January 9, 1899 Doña Felisa Rincón de Gautier - Politician, Co-founder of the Partido Popular Democrático and mayor of San Juan for 22 years, is born in Ceiba
- January 11, 1842 Salvador Brau Asencio, was a self-taught historian, journalist, poet, and more. Brau was born in Cabo Rojo. In 1903 he was named official historian. He died on November 5th, 1912.
- January 14, 1508 First school is founded in Caparra
- January 15th, 1969 Museo del Barrio is established in New York City - Congratulations!
- January 22, 1922 Sylvia Rexach, composer
- January 23, 1493 San Juan Bautista is renamed Puerto Rico
- January 24, 1522 Iglesia de San José is founded (Oldest church still in use in the Americas)
- January 28, 1869 Virgilio Dávila (poet) born in Toa Baja



Don Guillo, the gardener

Protect your potted outdoor plants in winter by covering them with mulch and old blankets, move next to the side of the house. Cover not only the plant but also the pot and then cover the whole thing with heavy plastic that can be found in fabric stores, sold by the yard (check Walmart). This will help protect the plant from freezing temperatures. Do try to water the plant once in a while when it is not freezing.

Poema Riqueño

RAYOS DE LUNA

Aquí, en el mar insomne, cual mi anhelo,
 busco la paz, el sueño busco en vano...
 su fulgor lanza lívido y lejano
 a luna muerta... ¡oh soledad del cielo!

Tiembla en la onda, que ilumina, el rielo,
 el rielo palpitante, tan humano
 que imita la escritura de una mano
 el temblor de un adiós en un pañuelo...

No puede ser casualidad... no puede...
 yo estoy leyendo sobre el Mar Caribe
 lo que en mi propio corazón sucede...

Y es que aquel nombre que jamás exhibe,
 el dulce nombre, que a mentar no cede,
 mi alma de luna sobre el agua escribe...

José de Diego



El Aguadillano Cocktail Punch

Pink lemonade
 1/2 fifth Vodka (Absolut)
 1/4 bottle strawberry Daiquiri mix
 1 splash Puerto Rican rum
 Thinly sliced lemons and or limes

Start with 3/4 of a pitcher with pink lemonade. Then add the vodka. Mix well. Add the strawberry daiquiri mix, then a splash of rum – to taste. Stir and then chill. Add sliced fruit to the pitcher before serving.



** 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.*



Luisa Yaliz Alaniz Cintrón, MD
 Child Psychiatrist & Behavioral
 Expert with family roots in Ponce.

Building Strong Families

Enjoy close relationships with extended family members.

Close knit families are often close to people in their extended families, such as grandparents, in-laws, aunts, uncles, and cousins. Instead of focusing primarily on your nuclear family (only your spouse and children), reach out regularly to extended family members.

Honor the elder members of your family by including them in your family’s activities as much as possible rather than regulating them to the background.

Give your children the best gift of all: time. Make spending time with your children a high priority when you’re making lifestyle choices and planning your schedule. Close knit families spend a lot of time with their children, and children want their parents’ time more than anything else.

PRIMOS

Our PRIMOS section journeys through Latin America celebrating our cousins.



Cuban Munyeta

1 lb. navy beans **
 4 tsp. olive oil
 1 tsp. each of salt and pepper
 1/2 cup cubed ham
 4 cloves of garlic, minced
 1/4 lb. salted pork, cubed (or bacon)
 4 cups water
 1/4 cup tomato sauce
 1 whole chorizo (Spanish sausage)
 1 medium onion, chopped
 4 tsp. vegetable oil

Put beans in water, cook them until soft; drain. In a frying pan, saute onion, salted pork, garlic, sausage and ham in oil. Slowly add beans, mashing them. Add tomato sauce, salt, pepper and olive oil; fry until crispy. Serve hot.

serves 4

** Navy beans are called "judias" in Cuba.

This is a bit of an obscure Cuban dish. Delish.



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.

República de Cuba

Cuba is a beautiful tropical island nation in the Caribbean. The nation of Cuba consists of the main island of Cuba, Isla de la Juventud, and several archipelagos. Havana is the largest city in Cuba and the country's capital. Santiago de Cuba is the second largest city. To the north of Cuba lies the United States (90 miles away) and the Bahamas, Mexico is to the west, the Cayman Islands and Jamaica are to the south, and Haiti and the Dominican Republic are to the southeast.

Discovered in 1492 by Christopher Columbus, Cuba was a territory of Spain until the Spanish American War of 1898. In 1902 the island became la República de Cuba.

Cuba is home to over 11 million people and is the most populous island nation in the Caribbean, as well as the largest in area.



Cocina Criolla – Cooking Hints

By: Anna María Vélez de Blas

Rican Deviled Eggs

1 dozen eggs
 1/4 cup mayonnaise (or more)
 1 tablespoon Dijon mustard
 1 teaspoon Celery salt
 1 tablespoon chopped chives
 1 teaspoon pickle relish (sweet or dill)
 1 teaspoon Adobo
 Dash hot sauce
 Salt and freshly ground black pepper

Add the eggs to a large saucepan filled with cold water. Bring to a boil. Remove from heat and let sit in the water for 14 minutes.

Peel the eggs and slice lengthwise. Remove the yolks to a bowl. Add the rest of the ingredients. Mash the yolks together with a wooden spoon. Taste and adjust seasonings, if needed. Fill the egg yolk mixture into the egg whites. Sprinkle with Paprika for color. Refrigerate until serving



Hints . . . Egg shells come off of hard cooked eggs more easily if dipped in cold water for a couple of minutes, first. To cut hard-boiled eggs in smooth halves (or slices), dip the knife first in water before each slice.

**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

People are amazed to learn that Puerto Ricans eat Lobster Soup. It's called asopao de mariscos and Lobster is the main ingredient.

This dish is very easy to prepare (I only make easy stuff, you know). Practically all you have to do is dump stuff into a large caldero y vamos.

So, what's in it? Lobster, shrimp, clams, mussels, sea scallops and lots of seasonings.

Simple clean the seafood, dice the lobster. Saute onions and peppers in olive oil adding a bit of sofrito - in the same large caldero the soup will be cooked in. (I don't believe is using more pots and pans than I have to.) Add the lobster and shrimp and cook until the shrimp starts to turn red. Add some tomato sauce, a bit of white wine and a bay leaf, some clam juice and water and cook for 2 hours. Remove the lobster and shrimp and set aside (don't want to overcook these).

Now add some rice, the clams and mussels, bay leaf and a packet or two of Sazón with achiote, and cook until the rice is done, about 20 minutes or so. Now add back the shrimp and lobster, add scallops and cook another 10 minutes or so. Now add chopped recaó and salt and pepper and you're done.



Hasta la proxima! Jaime

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

Nuestra Cocina Criolla



Habichuelas Rosita

Pink Beans

1 tablespoon olive oil
 ½ onion, diced
 2 cloves garlic
 1 green Cubanelle pepper or bell pepper, diced
 ½ cup sofrito
 2 15.5 ounce cans pink beans, rinsed and drained
 1- 8 ounce can tomato sauce
 ½ cup water
 1 potato, peeled and cubed
 salt
 pepper
 ½ teaspoon oregano
 1 pkt Sazón with achiote
 2 leafs, chopped recaó

1. Heat a medium size caldero over medium heat and add oil. Add onion, garlic, pepper, sofrito and recaito. Saute until fragrant.
2. Add beans, tomato sauce, water and potato. Bring to a boil and lower heat to a simmer.
3. Add salt, pepper, oregano, Sazón and recaó. Continue to simmer until sauce thickens and potato is fork-tender.



Pollo en Fricase

Hearty chicken stew with potatoes, olives and peas

2 tbsp. olive oil
 2 ounces ham, finely diced
 1 medium onion, diced
 1 green pepper, diced
 2 tsp. minced garlic or 4 cloves garlic, minced
 1 tsp. dried oregano
 2 sprigs of fresh cilantro, chopped
 1 3-lb. chicken, cut into pieces
 1/2 cup tomato sauce
 1 bay leaf
 12 stuffed olives
 1 tsp. capers
 1 tbsp. vinegar
 3 tsp. Adobo Seasoning with Pepper
 2 medium potatoes, peeled and cut in 1/2-inch cubes
 1 can (15.5 oz.) sweet peas, drained, liquid reserved

Heat oil in a medium size caldero over medium heat. Add the ham and brown. Add the onion, pepper, garlic, oregano, and cilantro, reduce heat to medium low and cook for 10 minutes, stirring occasionally.

Add the chicken and cook on medium for 5 minutes, stirring occasionally. Stir in the tomato sauce, bay leaf, olives, capers, vinegar, adobo, and potatoes. Combine the liquid from the peas with water to equal 2-1/2 cups, and add. Mix well.

Bring to a boil, cover, reduce heat to low, and cook for 45 minutes until chicken is tender. Stir occasionally. Stir in the peas. Cook uncovered for 5 minutes or until sauce reaches desired consistency. Makes 4 servings

Puerto Rican 101

Most Puerto Rican dishes are prepared using what we call sofrito, which is a combination of fresh ingredients that are minced or run thru a blender or food processor. We prepare sofrito and store it in the fridge to use as needed, often this is frozen in ice cube trays for later use. Sofrito's ingredients are; onions, Cubanelle peppers (may substitute bell peppers), garlic, recaó, oregano, and ajies dulces. Tomatoes and olive oil are not a traditional ingredient however some people use it and that's fine. Some cooks add capers and green olives, red and yellow bell peppers, and this is fine. Ingredients such as celery, Thyme, Rosemary or Tarragon – these are not traditional Puerto Rican spices – so they don't belong in sofrito (no wine either). Note that some recipes don't include sofrito but the recipe ingredients use sofrito ingredients, in which case instead of chopping the onions, garlic, etc – substitute premade Sofrito. Also note: Goya makes a red tomato based Sofrito and a green Recaito that is green. The green recaito is the traditional sofrito – buy the green bottle (both are good). Cilantro is a substitute for recaó.

Nuestra Cocina Criolla



Amarillos Fritos

Amarillos are ripe plantains. The best amarillos are the ones that are starting to show black spots. These are usually served as a side dish. They are also served as breakfast with fried eggs.

Cut the ends off ripe plantains and cut them into half. Peel and slice lengthwise into 3 to 4 slices. In a large skillet over medium-high heat add 1/4 cup oil and fry the amarillos slowly until they are browned and caramelized, about 15 minutes. Drain on paper towels. Season with salt and serve.



Amarillos Asados con Queso

Not a traditional recipe but certainly delicious to our palate. Simple cut off the ends and peel. Rub with olive oil and bake at 400° for about 30 minutes – then turn over and bake another 15-20 minutes until golden. Cut a lengthwise slit on each and stuff with mozzarella and return to the oven until cheese is melted – just a minute or two. Serve warm. For a quicker version slice the plantains, bake them and then sprinkle grated cheese on top.



Pescado a la parrilla con salsa de mariscos

- 2 lbs of fish filets
- ½ lb of raw shrimp, peeled and deveined
- ½ lb of calamari, cut in small pieces
- ½ lb of small bay scallops
- 2 tbs butter
- ¼ cup sofrito
- ¼ cup white wine
- ½ cup cream
- Salt and pepper
- Adobo
- Garnish – Chopped parsley and a slice of lime

*Yuca or yautias (served on the side, boiled whole)

Season the fish with Adobo and heat the grill. Grill the fish right as the sauce is finishing as they should both be served warm.

Sauce

Melt the butter in a large saucepan on medium heat, add Sofrito, cook for about 2 minutes.
 Stir in the shrimp and cook for another 2 minutes.
 Add the white wine and cook for another 2 minutes.
 Add the cream and cook until the shrimp are almost done.
 Add the calamari and scallops, cook for 1-2 minutes at the most and remove from heat.

Serve the sauce on the side or on top of the grilled fish, sprinkle with chopped parsley.

Serve with a slice of lime and boiled yautias or yuca that have been rubbed with sofrito before serving.

Pan y vino

Surge, a un replique modulado en trino,
del misterio floral en que reposa,
la blanca Eucaristía, blanca rosa
emergente del Cáliz purpurino.

La espiga recibió el Cuerpo Divino,
pero la vid su sangre generosa...
¡El trabajo y la lucha, en dolorosa
íntima comunión de pan y vino!

En el pecho del Cristo moribundo
la férrea pica se bañó de lumbre
y floreció como clavel de grana.

El pan sagrado es la salud del mundo;
pero, el subir del Gólgota a la cumbre...
¡El vino es la redención humana!

En la brecha

Oh desgraciado, si el dolor te abate,
si el cansancio tus miembros entumece;
haz como el árbol seco: Reverdece;
y como el germen enterrado: Late.

Resurge, alienta, grita, anda, combate,
vibra, ondula, retruena, resplandece...
Haz como el río con la lluvia: ¡Crece!
y como el mar contra la roca: ¡Bate !

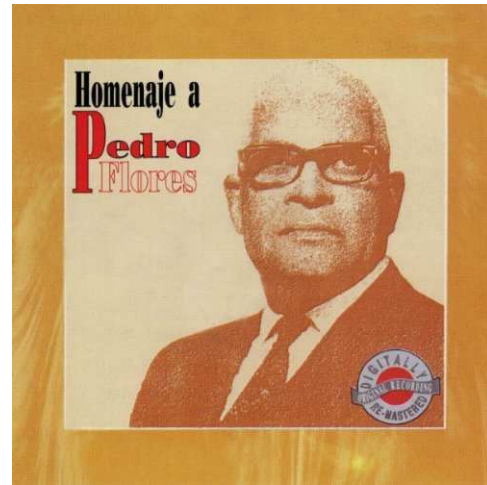
De la tormenta al iracundo empuje,
no has de balar, como el cordero triste,
sino rugir, como la fiera ruge.

¡Levántate! ¡Revuélvete! ¡Resiste!
Haz como el toro acorralado: ¡Muge!
O como el toro que no muge: ¡Embiste!

José de Diego (1867-1918) was born in Aguadilla, Puerto Rico on April 16th, 1867. He studied law in Barcelona, Spain and came back to Puerto Rico to practice. His literary works include poems and newspaper articles. De Diego is considered a forerunner of the modernist movement in Puerto Rico. De Diego's poetry books include Pomarrosas, Jovillos, Cantos de Rebeldía and Cantos del Pírrre.

Not only was de Diego a great poet but he was also a great jurist, journalist, essayist, orator and politician. He was heavily involved in politics helping found political parties, advocating independence for Puerto Rico, and as an elected official and leader. De Diego dreamed of an Antillian Confederacy of Spanish speaking Caribbean nations. History considers him father of Puerto Rico's modern independence movement. Today he is known more for his advocacy of independence for Puerto Rico than for his poetry. De Diego died in New York, July 16, 1918.

Nuestra Música



“Homenaje a Pedro Flores” (2010)

It is good and appropriate to expose Pedro Flores in this issue, honoring Puerto Rican poets and writers. Flores, from Naguabo, P.R., is with no doubt one of the most important composers in Puerto Rico and all Latin America from the early 1900's on. His compositions reached many countries in this continent and have been recorded by numerous artists throughout many decades. Don Pedro once became a member of Rafael Hernández' group, his counterpart and friendly rival in song composition matters, and also created his own group, in which many of today's iconic singers participated.

This well deserved tribute, “Homenaje a Pedro Flores”, brings a hard-to-make selection of hits, sung by different Puerto Rican forever bolero singers. Daniel Santos “El Inquieto Anacobero” sings “Irresistible” and singer/comedian/TV host Chucho Avellanet performs “Si no eres tú”. Pedro Flores' own group, Cuarteto Flores, interprets “Prométeme” and “Orgullosa” (also a hit by “El Sonero Mayor” Ismael Rivera years later). Singer/composer/comedian Myrta Silva recorded “¡Ay, qué bueno!”, the great Gilberto Monroig “Blanca”, and Trío Los Condes the popular “Querube”.

Other immortal songs written by Pedro Flores, not included in this compilation but worth to mention, are “Bajo un Palmar”, “Perdón”, “Amor”, “Esperanza Inútil”, “Margie”, “Linda”, etc....., etc.

-Alberto González lives in south Florida, works in Spanish & ESL education and provides translation services. Graduated from the Inter American University of Puerto Rico and attended the Music Conservatory of Puerto Rico-