



A Cultural Publication for Puerto Ricans

From the editor . . .

So, what is el día de la Candelaria? It is a Christian Church Holiday celebrated on February 2nd. In English it is known as ‘Candlemas.’

Candlemas primarily focuses on Jesus’ early life. Christians believe that Jesus’ mother Mary presented him to God at the Temple in Jerusalem after observing the traditional 40-day period of purification (of mothers) following his birth, as was the custom then. According to a New Testament gospel, a Jewish man named Simeon held the baby in his arms and said that he would be a light for the Gentiles (Luke 2:32). It is for this reason that this event is called Candlemas. Thus we celebrate the birth of our children with a presentation or Christening.

It is celebrated with a candlelit mass service and candles are lit in homes all day long in remembrance.

Start your own family tradition this year. No altars, just lovely candles. It is a lovely ritual that will help ground your family.

Siempre Boricua, Ivonne Figueroa



Dia de la Candelaria February 2nd

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Index	Page
Credits	2
Ruth Fernandez	2
Restaurant Review/Trivia, Refranes	3
Táinos - Calendar	4
Diego el Tavernero/ Poemas Riqueños	5
Primos/Bolivia	6
Food Blog with Vélez and Jaime	7
<i>Nuestra Cocina Criolla</i>	8
More recipes	9
Book Review	10
Music Reviews by: Alberto González	10



RUTH FERNANDEZ

May 1919 – January 2012

Known as "El alma de Puerto Rico hecha canción", Ruth Fernández was born in barrio Bélgica, Ponce on May 23, 1919. Ruth Fernández (23 May 1919 – 9 January 2012) was a Puerto Rican contralto and a member of the Puerto Rican Senate.

She was raised and studied in Ponce studying music and piano from an early age. She enjoyed participating in community events where she developed her artistic talents. In high school she organized her own music group and became the leader in school presentations.

At the tender age of fourteen, Ruth became a Radio personality at WPRP and WPAB in Ponce. Fernández was the very first successful Afro-Puerto Rican female singer, and as such, she broke color barriers and stereotypes. The rest is history. She later went on to become one of the island's best loved personalities. At a later age Ruth became involved in island politics

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.

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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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Cueva del Indio in Arecibo

Arecibo, settled in 1556, was the island's third Spanish settlement, after Caparra (which later became San Juan), and San Germán. It is named after the Taíno Cacique Xamaica Arasibo, who ruled the local Taíno Yucajeque named Abacoa. Arecibo was officially founded as a city by the Spanish crown May 1, 1616, under the governorship of Captain Felipe de Beaumont y Navarra.



Speaking Puerto Rican . . .

El Puertorriqueño no llena su estomago: se jarta.

Refrán . . .

El que no cojea, renquea.

Arecibo is home to the world-famous **Arecibo Observatory** featuring the world's largest radio telescope. The Arecibo Observatory is part of the National Astronomy and Ionosphere Center (NAIC), a national research center operated by Cornell University under a cooperative agreement with the National Science Foundation (NSF).

Island Restaurants



Lisa Santiago Brochu
Restaurant Reviews

**Salpicón Bar and Restaurant
Arecibo**

- #1 Great food
- #2 Great service
- #3 Great view
- #4 Good prices

This little restaurant is found between Arecibo and Barceloneta on the 681 – right on the coast. The food was fresh and delicious. The red snapper and sauce was some of the best I've ever eaten. True criollo flavor! The presentation was perfect. Our mojitos were - divinos.

We had really great service, attentive and prompt.

This is what a restaurant should be . . . a quiet, lovely, enjoyable place to have a truly delicious meal while watching the ocean waves. Awesome!

** Lisa Santiago Brochu, is a trained professional Chef and a former restaurant owner in New York. She travels to Puerto Rico on business often. Her island roots are in Caguas.*



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

Táinos

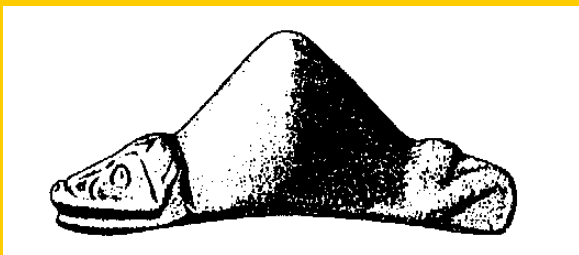
The cemí was a carved stone that was a fundamental symbol in the Taíno religion. The Taíno named the three points on the stone "Yocahu Bagua Maorocoti" which "is another word for the Creator, Yaya, as represented by the indigenous peoples at the time of the coming of the Guamikinas" (the European "covered people"). (Rouse, The Taínos)

1. On the top of this sacred mountain peak, in the "turey"(sky) of the four directions, was Yaya, The Creator, whose name means that which has neither beginning nor end and which has no male ancestor or creator.

2. Coabey, is the underworld, the place of the dead. Here resided Hupia, the spirit of the dead. The face of Guayaba, the Chief of Coabey, was represented here.

3. The land of the living. Here resided Goiz, the spirit of living people.

The cemí had certain powers over the natural world and must be dealt with. The worship ceremonies were ways of acknowledging their powers. "Because of these powers, there are many Taíno stories that account for the origins of some experienced phenomena in myth and magic." ("Social life & customs", Journal of Latin American Studies)



Boricua Calendar

February 2
Día de la Candelaria – This festivity officially finalizes the end of Christmas for Catholics. In Puerto Rico the festivities include a procession where the statue of the “Virgen de la Candelaria” is carried on the shoulders. Others follow with lit candles until they reach a church where a Mass is celebrated. In the evening the festivities continue with a giant bonfire and singing.

February 17, 1904
Luis A. Ferré, a successful businessman, art patron, and former Governor of Puerto Rico, was born in Ponce in 1904. He earned an Engineering degree from MIT in Boston, went into the family business, made a fortune and later founded El Museo de Arte in Ponce. Luis Ferré has attained the honored positions of elder statesman and philanthropist. He is one of four Puerto Ricans to have received the Presidential Medal of Freedom.

February 17, 1917
Julia de Burgos, the best-known female poet in Puerto Rico and one of the best of Latino America, was born on February 17th, 1917 in Carolina, Puerto Rico. De Burgos graduated from the University of Puerto Rico as a teacher. She also studied in Havana and later moved to New York. At age nineteen her first verses were published. Her best-known poem is "Río Grande de Loíza". De Burgos published several books including; Poemas Exactos de mí Misma, Poemas en Veinte Zucos and Canción de la Verdad Sencilla. She received several honors and homages, before and after her death. De Burgos died on July 6, 1953 in New York.

February 18, 1898
Don Luis Muñoz Marín, poet, journalist, and politician. He was born in San Juan where he died in 1980. Muñoz Marín founded the ELA or el Estado Libre Asociado de Puerto Rico. He became the first elected governor of the island in 1952. Don Luis studied journalism at Georgetown University in Washington DC. He was the son of Don Luis Muñoz Rivera a popular and successful politician. The U.S. Postal Service later honored Muñoz Marín, the “father of modern Puerto Rico,” with his own postage stamp. Read more about this illustrious Boricua at <http://www.elboricua.com/BKLuisMunozMarin.html>

Poemas Riqueños

Majestad Negra

Por la encendida calle antillana
va Tembandumba de la Quimbaba
rumba, macumba, candombe, bámbula
entre dos filas de negras caras.
Ante ella un congo-gongo y maraca
ritma una conga bomba que bamba.

Culipandeando la Reina avanza,
y de su inmensa grupa resbalan
meneos cachondos que el gongo cuaja
en ríos de azúcar y de melaza.
Prieto trapiche de sensual zafra,
el caderamen, masa con masa,
exprime ritmos, suda que sangra,
y la molienda culmina en danza.

Por la encendida calle antillana
va Tembandumba de la Quimbamba.
Flor de Tortola, rosa de Uganda
por ti crepitan bombas y bámbulas;
por ti en calendas desenfrenadas
quema la Antilla su sangre ñañaiga.
Haití te ofrece sus calabazas;
fogosos rones te da Jamaica;
Cuba te dice: ¡dale, mulata!
y Puerto Rico: ¡melao, melanba!

¡Sus, mis cocolos de negras caras!
Tronad, tambores; vibrad, maracas.
Por la encendida calle antillana
rumba, macumba, candombe, bámbula
va Tembandumba de la Quimbamba.

Luis Palés Matos

rumba=baile Cubano
candombe - baile y fiesta Africana
bámbula=danza negra
congo-gongo = drum from the congo region (gongo=drum)

The African legacy is manifested in negroid poetry, a musical poetry that *uses the beat of the drums*, repetition, musical rhythm and rhyme, speech patterns, rituals, religion and even African words. Presented in a rhythmic and percussive style the Yoruba drums seem to be in the distance. A nostalgic Africa theme presents the exotic beauty of the African woman, and the suffering and oppression of the Africans of Antillean identity. The style shows a sense of pride in identity.



Vejigante Rum Punch

1 cup Puerto Rican rum
4 cups 7-Up soda
1 cup pineapple juice
ice

Mix first 3 ingredients together in a glass cocktail pitcher.
Serve over ice in a salted rim glass.



* 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.



This Bolivian recipe for **Budin de Coco** makes a creamy pudding that is both delicious and easy to prepare. You can serve this pudding in a tall glass and top with whipped cream and berries if you like, as an alternative to the cinnamon.

- 4 cups whole milk (not skim)
- 1lb grated coconut (1 coconut) – if using dried coconut select a wide-cut shred
- 1 pound of sugarcane sugar (for best results)
- 1/2 cup of cornstarch
- Ground cloves
- Ground cinnamon

In a pot boil 3/4 of the milk and the coconut along with the cloves and cinnamon. Once this is boiling, add the sugar and cook on low heat for 10 more minutes. Strain.

Cook the liquid that remains after straining in a pot, adding the remaining 1/4 of the milk and the cornstarch (previously diluted in a tiny bit of water so it won't clump).

Continue to cook and stir constantly until the mixture thickens.

Remove from heat, cool completely, serve in a glass or bowl topped with whipped cream and powdered cinnamon.



Santa Cruz, Boliva



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.



Blue-headed Parrot aka Blue-headed Pionus. a medium large parrot. It is about 27 cm long and they are mainly green with a blue head and neck, and red under tail feathers. It is found in Bolivia and South and Central America.



Cocina Criolla – Cooking Hints

By: Anna María Vélez de Blas

Coconut is something Puerto Ricans know all about. It is an important ingredient in our island cooking. We don't see many coconut rice recipes but this one is a must. Easy as one – two – three.

Coconut Rice with Black Eyed Peas

(Serves 2 as a main, 4 as a side)

3 oz. cooking ham, diced
 1 medium red pepper, chopped
 2 recajo leafs
 1 tsp. salt
 1 clove garlic, minced
 2 plum tomatoes, seeded and chopped
 1 can coconut milk
 1 15-oz. can black-eyed peas, drained and rinsed
 2/3 c. white rice

1. Heat a little olive oil in a small caldero over a medium flame. Add the garlic, sautee for about 30 seconds until it starts to get fragrant, then add the ham. Cook, stirring occasionally, for a minute or two until it starts to brown.
2. Add the pepper, tomato, recajo, salt and a dash of the coconut milk. Bring to a simmer and cook for a minute or two to allow flavors to blend.
3. Add the peas, rice, and the rest of the milk, and bring to a boil. Immediately reduce the heat and keep the caldero simmering on low for about 20 minutes, until the liquid is absorbed. Serve hot.



**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

I like to cook up easy meals, easy to cook and clean up after too. I want to tell you about my 'Pan fried fish with mojito sauce' that I serve with fried yuca. This turns out looking so difficult to make and it makes a great dish for company too.

I like to impress my poker buddies. That's just about the only company that I get that I have to feed, because my daughters come and cook for me – makes them feel good . . . like they are taking good care of their old man – so I let them.

For this dish I buy fish filets, sprinkle them with Adobo and then squirt some olive oil on each side and into my old iron skillet they go. Just cook for about 5 minutes on each side, turning only once. Then they are done.

I prepare my own Mojito Sauce which is very easy too. Just combine tomato sauce with sofrito (my daughters leave it for me in the freezer), add a little bit of chopped recajo, cilantro, onions, and peppers, so it is lumpy. Cook that a few minutes, add salt and pepper and it's ready to use.

I serve the fish with a bit of the sauce on top and then put the rest in a bowl so those who want more can just serve themselves.

I like to serve this with fried yuca strips, which I buy frozen at the market ready to fry (no peeling or cutting, etc). The sauce is great on these fries too.

Hasta la proxima. Jaime Garibay Rivera



** 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.*



Asopao de Gandules con plátanos

Easy time-saver recipe

- 2 cans cooked gandules
- 2 quarts canned chicken broth
- 3 tablespoons olive oil
- 1 cup sofrito
- 1 packet Sasón
- can tomato sauce
- 1/2 lb. calabaza (West Indian Pumpkin)
- 1/4 cup olives
- 1 tablespoon capers
- 1 1/2 cups rice
- salt and pepper to taste
- 2 plátanos verdes

In a large caldero sauté the sofrito in olive oil for a few minutes. Add the broth and bring to a boil.

In the meantime seed and chop the pumpkin into small pieces. Peel and chop the plantain into small chunks.

Add the rest of the ingredients to the broth, bring to a boil again and then simmer over medium-low for about 30 minutes until the rice is cooked and the soup is thick. Season with salt and pepper to taste.



Ensalada de Carrucho Conch Salad – Ensalada de Caracol

- 1 pound conch boiled and cut in small bite size pieces*
- 4 teaspoons vinegar
- 6 teaspoons lime juice
- 1/4 cup olive oil
- 2 garlic cloves
- 1 onion, large, diced
- 4 ajíes dulces, minced
- Pique (Homemade Puerto Rican Hot Sauce) to your liking, optional
- 1/2 roasted red pepper, minced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 recao leaves, minced
- 8 or 10 stuffed olives
- 1 tablespoon capers
- 1 tablespoon Worcestershire sauce (optional)
- 1 tomato, diced
- 1 celery stalk, diced

In large glass bowl thoroughly toss all ingredients. Cover and refrigerate. For best flavor refrigerate overnight.

* If using fresh conch add to boiling water in medium saucepan with 1 teaspoon water and 2 smashed garlic cloves. Bring down to a simmer and cook until tender when pierced with a fork, about 20 minutes. Drain and pat dry.

If using frozen conch, place in bowl with cold water and place in refrigerator at least 3 hours up to overnight changing the water occasionally. Then continue with the above boiling process.

- 1 When cutting the conch into slices remove the dark tube filled with a spongy matter by pulling or cutting it out, as it can be gritty. There is another tube on the outside of the body that doesn't need to be removed.



Mantecaditos

Almond Sugar Cookies



2-1/4 cups all-purpose flour
 1/4 tsp freshly ground nutmeg
 3/4 cup butter
 1/4 cup vegetable shortening
 1-1/2 tsp almond extract
 1/2 tsp vanilla extract
 1/2 cup sugar
 maraschino cherries, cut into eighths (*optional*)
 shots, sprinkles or jimmies (*optional*)

Place oven rack in middle position of the oven.
 Preheat oven to 350 F.

Combine flour and nutmeg; set aside.

In a large bowl, beat butter, shortening and extracts with an electric mixer until smooth. Gradually add sugar to butter mixture and cream until mixture is light and fluffy. Blend in flour mixture.



Dough should be slightly moist. If dough looks dry, sprinkle with water and work into dough. If dough is sticky, sprinkle with additional flour.

Spoon dough by teaspoons and form into balls. Place on an ungreased baking sheet. Gently press each ball with palm of hand to form cookie. Garnish with a cherry piece placed in the center of each cookie or top with shots, sprinkles or jimmies.

Bake 20 minutes or until golden. Remove to a wire rack to cool.

There are two kinds of guanimes (a type of dumpling) in Puerto Rico. The more widely known guanime is made with cornmeal. More widely known on the southern coast of Puerto Rico are the guanimes made with flour.

Just like its cornmeal cousin, the flour guanime is usually served with vegetable or seafood dishes. Unlike the corn guanime, it's usually not wrapped in banana leaves, it's simply boiled as is. If you'd like to get a little of the banana taste, simply add a green banana to the boiling water after the guanime has been cooking for the 20 minutes and allow to the banana and guanime to boil for another 10 to 15 minutes.

My father loved dumplings, both kinds. Mami did not wrap hers in plantain leaves, she simply dumped them to cook in soups and stews. They are both delicious.



Guanimes de Maiz

1 pound yellow cornmeal
 1/4 cup all-purpose flour
 2 cups milk
 2 cinnamon sticks
 1 teaspoon salt
 Plantain leaves
 3 quarts salted water

Combine the dry ingredients in a large bowl.

In a saucepan bring the milk, cinnamon sticks, and salt to a boil. Remove the cinnamon sticks and add the milk slowly to the dry ingredients. Mix until the liquid is absorbed.

Cut the plantain leaves into 8x8 inches.

Put the dough in the center of a plantain leaf. Fold up the sides and ends and tie with butcher's twine.

Bring the salted water to a boil in a very large pot. Add the guanimes and simmer for 1 hour.

Unwrap and serve.

Guanimes de Harina de Trigo

Preferred in the Southern coast

3-4 cups flour
 1/2 cup hot water (not boiling...just hot)
 salt, to taste
 1 tsp Adobo
 1 tablespoon vegetable oil

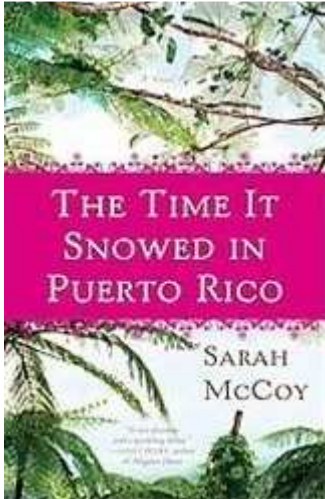
Bring a pot of salted water to boil.

Meanwhile, place flour in a bowl and make a well in the center. Place the water, salt, and oil in the well. Mix well by hand, the mixture will be very sticky. Slowly keep adding more flour until dough is no longer sticky and you can form a ball. Roll several golfball sized balls from the dough. Roll each ball on a flat surface until they elongate.

Gently place the guanimes in the boiling water and cook 20 minutes.



Book Reviews



The Time It Snowed in Puerto Rico by: Sarah McCoy

Format: Paperback and Hardcover
 Publisher: Three Rivers Press (CA)
 ISBN-10: 0307460177
 ISBN-13: 9780307460172
 Publish Date: 8/3/2010
 Pages: 214

Available online

It is 1961 and Puerto Rico is trapped in a tug-of-war between those who want to stay connected to the United States and those who are fighting for independence. Verdita has always been safe and secure in her sleepy mountain town, but she must find the strength to decide what sort of woman she'll become.

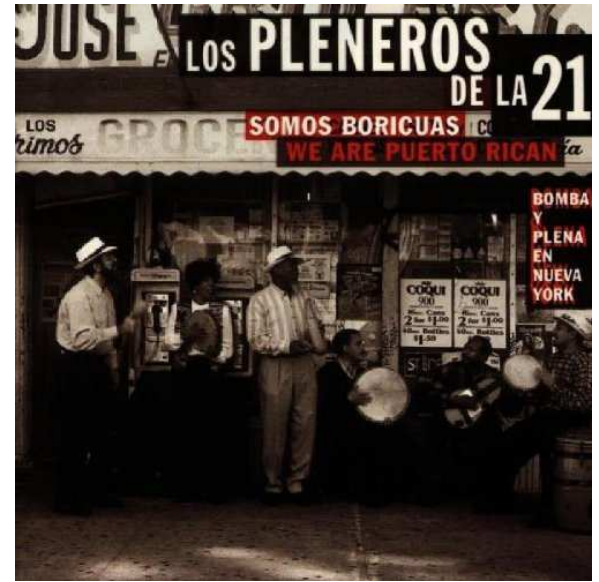
From the Publisher

It is 1961 and Puerto Rico is trapped in a tug-of-war between those who want to stay connected to the United States and those who are fighting for independence. For eleven-year-old Verdita Ortiz-Santiago, the struggle for independence is a battle fought much closer to home.

Verdita has always been safe and secure in her sleepy mountain town, far from the excitement of the capital city of San Juan or the glittering shores of the United States, where her older cousin lives. She will be a *señorita* soon, which, as her mother reminds her, means that she will be expected to cook and clean, go to Mass every day, choose *arroz con pollo* over *hamburguesas*, and give up her love for Elvis. And yet, as much as Verdita longs to escape this seemingly inevitable future and become a blond American bombshell, she is still a young girl who is scared by late-night stories of the *chupacabra*, who wishes her mother would still rub her back and sing her a lullaby, and who is both ashamed and exhilarated by her changing body.

Told in luminous prose spanning two years in Verdita's life, *The Time It Snowed in Puerto Rico* is much more than a story about getting older. In the tradition of *The House on Mango Street* and *Annie John*, it is about the struggle to break free from the people who have raised us, and about the difficulties of leaving behind one's homeland for places unknown. At times joyous and at times heartbreaking, Verdita's story is of a young girl discovering her power and finding the strength to decide what sort of woman she'll become.

Nuestra Música



Los Pleneros de la 21

“Somos Boricuas: Bomba y Plena en Nueva York”
(1996)

A group committed to preserve the Afro-Boricua musical expression is Los Pleneros de la 21, founded and directed by Juan Gutiérrez, a well-experienced musician who has played with many of the most important artists in Puerto Rico. Created in New York, this group has exposed and promoted Puerto Rican folklore for almost 30 years, not only in New York, but across all the United States and other countries as well. Its name refers to Bus Stop 21 in Santurce, P.R., birthplace of some of this band's members, and a city known as a major Plena center that influenced the original Plena from Ponce.

Strings, piano and accordion provide an attractive fresh and easy-to-listen sound in this production. From a total of 10 tracks, “San Tomas” tells about an enjoyable visit to the island of St. Thomas, “Plena de San Antón” reassures that this Afro-Boricua music was originated in the community of San Antón in Ponce, P.R., and in “Somos Boricuas” the group members reaffirm to be Puerto Rican nationals, even more than a “coquí”.

-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-