



ISSUE 01

Celebrating Hispanic Heritage Month |

Caribbean MUSIC

Sept 20'-Oct 20'

Traditional Genres

Cuba
Dominican Republic
Puerto Rico



ISSUE 02

Celebrating Hispanic Heritage Month |

Caribbean Food

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Cuba
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Caribbean Traditions & More

Sept 20'-Oct 20'



ISSUE 04

CARIBBEAN

*Celebrating Hispanic Heritage Month |
Traditions, Food, Music, History and More*

Hispanic Affairs Advisory Council

The Caribbean



Cuba

Population: Aprox. 11,193,470 (2019)

Cuban population in the United States: Aprox. 1,344,000 (2018)

Capital: La Havana

Currency: CUC and CUP

FOOD

Recipes to Try This week “A lo Cubano”

Frijoles Negros (Cuban Black beans) Recipe

1 lb. dry black beans rinsed in cold water and soaked overnight.
Add bay leaf and one medium sized green pepper cut into quarters
Cook on high heat and bring to a boil
Cook uncovered on low heat for about two hours until the beans are tender

Sofrito

Prepare in the skillet:
2/3 cup olive oil
4 cloves garlic finely chopped
2 teaspoons ground cumin
2 tablespoons cider vinegar
1 large onion finely chopped

Cooking instructions

Heat olive oil garlic, onion and green pepper until onion is transparent (8 to 10 minutes) Add cumin and vinegar.

Take a good quantity of beans out of the pot and place into the skillet with the sofrito. Crush the beans and mix with all the ingredients in the skillet.

Take skillet ingredients and pour them into the pot with the rest of the beans and cook for another 30 to 40 minutes.

Note: Some people add a teaspoon of sugar to counterbalance the vinegar. Some also add a half cup of cooking (red) wine into mixture.

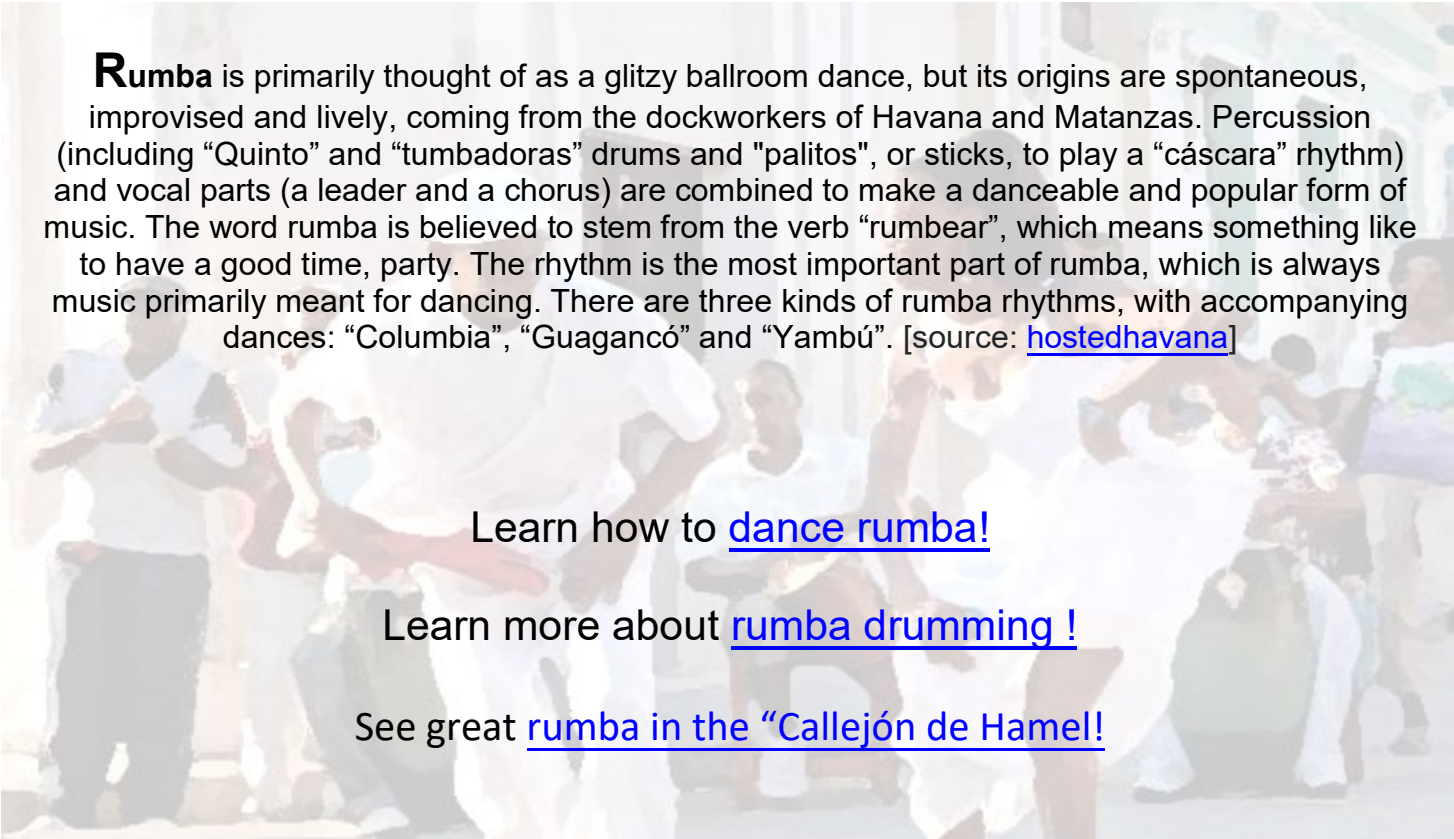
[Source: [Andy Hardwick](#)]

Ropa Vieja Recipe

3 pounds chuck roast, brisket, or flank steak
2 tablespoons (or more if using flank steak) extra-virgin olive oil
2 large onions, chopped
2 red bell peppers, chopped
2 tablespoons Diamond Crystal or 3½ teaspoons Morton kosher salt
8 garlic cloves, finely grated
½ cup dry white wine
4 teaspoons sweet paprika
1 tablespoon dried Mexican or Italian oregano
2 teaspoons ground cumin
1 teaspoon freshly ground black pepper
½ teaspoon cayenne pepper
1 28-ounce can whole peeled tomatoes
2 bay leaves
¾ cup pimiento-stuffed Spanish olives, halved crosswise
2 teaspoons distilled white vinegar
Chopped cilantro, white rice, “maduros”, and black beans (for serving)

For cooking instructions visit [bonappétit!](#)

Music

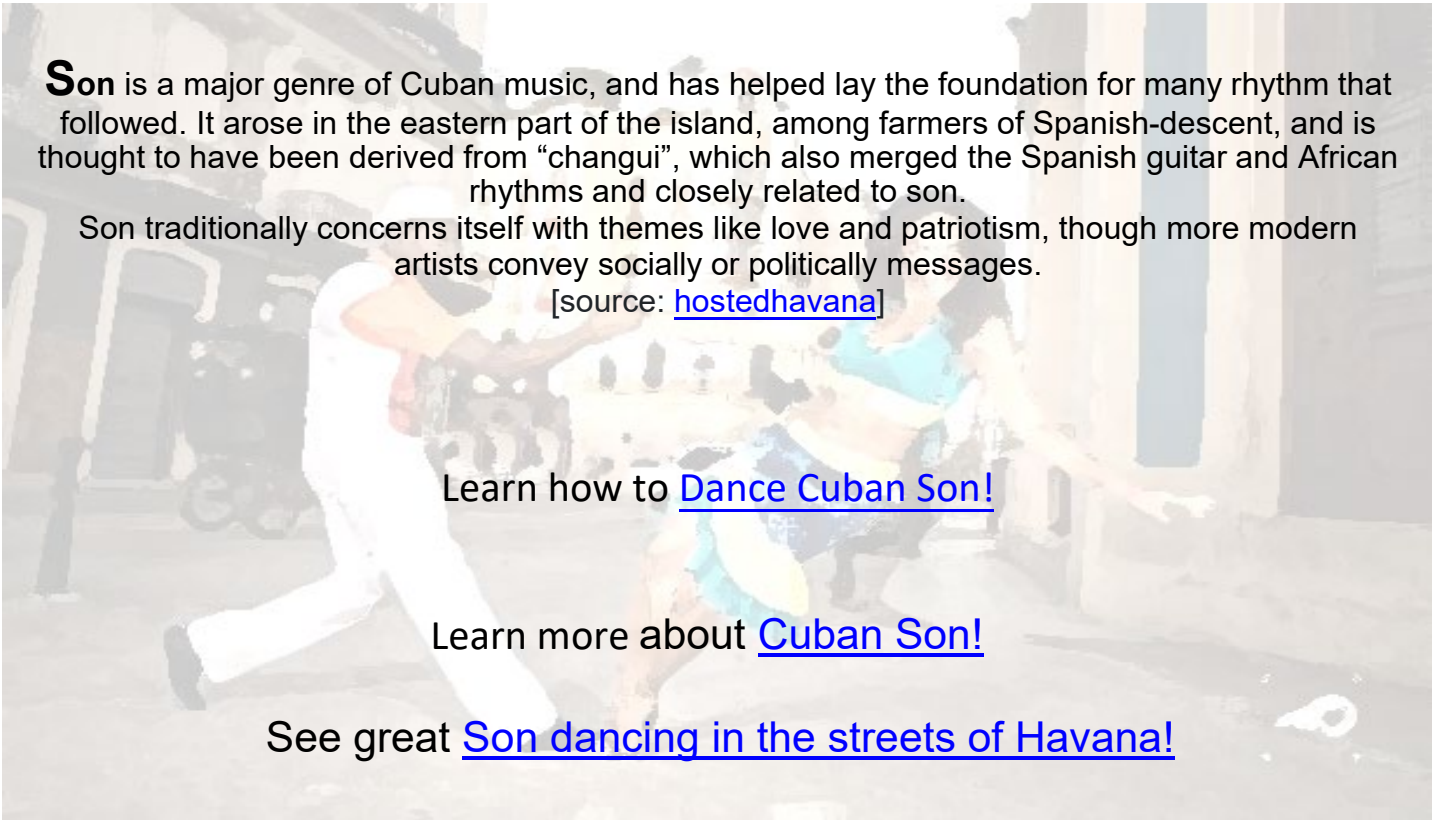


Rumba is primarily thought of as a glitzy ballroom dance, but its origins are spontaneous, improvised and lively, coming from the dockworkers of Havana and Matanzas. Percussion (including “Quinto” and “tumbadoras” drums and “palitos”, or sticks, to play a “cáscara” rhythm) and vocal parts (a leader and a chorus) are combined to make a danceable and popular form of music. The word rumba is believed to stem from the verb “rumbear”, which means something like to have a good time, party. The rhythm is the most important part of rumba, which is always music primarily meant for dancing. There are three kinds of rumba rhythms, with accompanying dances: “Columbia”, “Guagancó” and “Yambú”. [source: [hostedhavana](http://hostedhavana.com)]

Learn how to [dance rumba!](#)

Learn more about [rumba drumming !](#)

See great [rumba in the “Callejón de Hamel!](#)



Son is a major genre of Cuban music, and has helped lay the foundation for many rhythm that followed. It arose in the eastern part of the island, among farmers of Spanish-descent, and is thought to have been derived from “changüí”, which also merged the Spanish guitar and African rhythms and closely related to son.

Son traditionally concerns itself with themes like love and patriotism, though more modern artists convey socially or politically messages.

[source: [hostedhavana](http://hostedhavana.com)]

Learn how to [Dance Cuban Son!](#)

Learn more about [Cuban Son!](#)

See great [Son dancing in the streets of Havana!](#)

Famous people

José Martí a Cuban poet, philosopher, essayist, journalist, translator, professor, and publisher, who is considered a Cuban hero because of his role in the liberation of his country, and an important figure in Latin American literature. [source: [wikipedia](#)]



Popular songs

“**G**uantanamera” is one of the most known Cuban song. Originally written as a poem by Cuban poet José Martí and transformed into a song. Joseito Fernández first popularized it around 1929 and was given the official writing credits.

Famous quotes

“**P**eople can only be free if they are truly educated”
-José Martí-

Traditional Attire



The Cuban culture is mostly mixed from Spanish and African descent, with the native language being Spanish. Spanish culture has had a huge influence on Cuban women's clothing. Traditional clothing, such as rumba dresses, take on the color and zest of the Spanish culture.

[source: [azcentral](#)]

A rumba dress, Bata Cubana, is a traditional type of women's clothing worn at fiestas and other types of celebrations. The colors, the ruffles and the material are a mix of African, Spanish and even French influences. In today's Cuba, this type of dress is worn more as a costume for a performance or for salsa or rumba dancing.

[source: [azcentral](#)]



The guayabera is a traditional, casual type of clothing in Cuba that is usually worn as shirts on men. On women, however, they become guayabera dresses, which button up, are made of light cotton or linen, have pockets and can be elaborately embroidered. They come in many different styles and can be very plain or quite elaborate in decoration. These are still worn today by many Cubans. [source: [azcentral](#)]





Dominican Republic

Population: Aprox. 10, 735,896 (2018)

Dominican population in the United States: Aprox. 2,000,000 (2018)

Capital: Santo Domingo

Currency: DOP (peso)

Food

Recipes to Try This week "A lo Dominicano"

"Mangú"

- 4 unripe plantains
- 1 1/2 tsp salt
- 4 tsp olive oil or butter
- 1 cup water at room temperature

To make onion garnish

- 2 tbsp olive oil
- 2 red onions large
- 1 tbsp fruit vinegar
- Salt


Learn [How to make "Mangú"!](#)

"Sancocho" (7meat stew)

- 1lb beef for stews flank, chuck, or round [0.45 kg] cut into small pieces
- 1 lb goat meat [0.45 kg] cut into small pieces
- 1 lb pork for stews belly, or chump end [0.45 kg] cut into small pieces
- Juice of two limes
- 1 tsp cilantro or parsley chopped
- 1/2 tsp oregano powdered
- 1 tsp garlic crushed
- 1 1/2 tsp salt
- 4 tbsp oil
- 1 lb chicken [0.45 kg] cut into small pieces
- 1 lb pork ribs [0.45 kg] cut into small pieces
- 1 lb bones from a smoked ham [0.45 kg] cut into small pieces
- 1 lb pork sausage longaniza [0.45 kg] cut into small pieces
- 2 corn cobs cut into 1/2-inch slices, optional
- 2.5 quart water [2.5 lt]
- 1/2 lb West Indian pumpkin (ayama) cut into 1-inch pieces [0.23 kg]
- 3 unripe plantains peeled, 2 cut into 1-inch pieces, one left whole
- 1/2 lb yam (ñame) cut into 1-inch pieces [0.23 kg]
- 1/2 lb malanga (yautia) cut into 1-inch pieces [0.23 kg]
- 1/2 lb cassava (yuca) cut into 1-inch pieces [0.23 kg]

Learn [How to make "Sancocho"!](#)


Music



Palo is sacred music from the Dominican Republic and performed throughout the island. The drum and human voice are the principal instruments. Palo is played at religious ceremonies - usually coinciding with saint's days - as well as for secular parties and special occasions. Its roots are in the Congo region of central-west Africa, but it is mixed with European influences in the melodies. Palos are related to Dominican folk Catholicism, which includes a pantheon of deities/saints (here termed misterios), much like those found in the Afro-American syncretic religious traditions of Cuba, Brazil and Haiti.

[source: [Wikipedia](#)].

Learn more about [Palo music!](#)



Merengue is the national dance of the Dominican Republic, and to some extent, of Haiti, the neighbor island. There are two popular versions of the origin of Dominican national dance, the Merengue. One story alleges the dance originated from slaves who were chained together and, of necessity, were forced to drag one leg as they cut sugar to the beat of drums.

The second story alleges that a great hero was wounded in the leg during one of the many revolutions in the Dominican Republic. A party of villagers welcomed him back home with a victory celebration and, out of sympathy, everyone dancing felt obliged to limp and drag one foot. [source: [centralhome](#)).].

Learn more about [Merengue music!](#)

Famous Artists

Juan Luis Guerra Seijas is a Dominican musician, Singer, composer and record producer. He has sold 20 and 30 million records worldwide making him one of the best-selling Latin artists. Throughout his career, he has won numerous awards including 21 Latin Grammy Awards, two Grammy Awards, and two Latin Billboard Music Awards. Guerra won 3 Latin Grammy Awards in 2010, including Album of the Year. In 2012, he won the Latin Grammy Award for Producer of the Year.

[source: [wikipedia](https://en.wikipedia.org/wiki/Juan_Luis_Guerra)]



Popular Songs

Juan Luis Guerra has many No.1 Hits such as “Burbujas de amor” (1995), “Las avispas” (2004), “Ojalá Que llueva café” (1989).

Traditional Attire and it’s history



The traditional clothing of the Dominican Republic is predominantly a result of Spanish and African influences. The history of the Traditional attire is very similar to one indigenous Taino from Puerto Rico. With very little clothing, the men, children, teens wearing nothing at all and only married women wore garments, simple cotton skirts. However, the Spanish prevailed and so did their culture.

Although the Taino population was struggling, intermarriage with the Spanish was common. By 1514, it is believed that approximately 40 percent of the male Spanish colonists had taken Taino wives or concubines. Though intermarriage helped continue the Taino race, these women were expected to take on Spanish beliefs and customs,

including their clothing, such as long, colorful dresses. Carnival, a traditional Dominican celebration with European roots still lives to this day. [source: [HowStuffWorks](https://www.howstuffworks.com/traditional-clothing-dominican-republic.htm)]

The Caribbean



Puerto Rico

United States territory

Population: Aprox. 3,193,694 (2019)

Puertorrican population in the United States: Aprox. 5,791,453 (2018)

Capital: San Juan

Currency: United States dollar (US\$)

FOOD

Recipes to Try This week "A lo Boricua"

Ingredients:

Ripe plantains
Ground beef (we use lean)
Sofrito
Garlic
Onion
Green pepper
1 packet of Sazon with achiote
Sauce
Olives without seeds (If preferred)
Grated Mozzarella cheese or American cheese
Oil
Green onions (garnish)

Learn how to make Canoas at
[Tropical Cake Pops](#)

Ingredients:

1 Cup white sugar
1 Can evaporated milk 12oz
1 Can sweetened condensed milk 14oz
1 Package cream cheese 8oz
3 large eggs
1 tablespoon concentrated vanilla flavor

Learn how to make Canoas at
[Tropical Cake Pops](#)

Music

Bomba is both a traditional dance and musical style of Puerto Rico. Its origins are rooted in the island's history of African slavery but today has evolved into a community expression of Afro-Puerto Rican culture. While Bomba can be used as the generic name for a number of rhythms, it is truly about a creative, interactive relationship between dancers, percussionists and singers. Today it's practiced as a communal activity in its centers of origin in Loíza, Santurce, Mayagüez and Ponce.

Also, Puerto Rican migrants have brought the tradition to some parts of the US mainland.

Puerto Rican Bomba is the first native music of Puerto Rico, created in the sugar plantations by slaves more than 400 years ago. African slaves were brought to Puerto Rico by the Spaniards during the 1600s. The slaves came from different African tribes and they communicated through this music. It is Puerto Rican because as it combine elements of the taíno instruments (Arawaks) like the Maraca and Cuás (2 wooden sticks previously played at the side of the Bomba Barrel), the Spanish like the footsteps in the dancing and the greatest influence of is the African rhythms. This represents the Puerto Rican cultural mix. [source: [Wikipedia](#)]

Learn [How to play Bomba!](#)

Learn [Bomba from the Northeast of the Island!](#)

Learn how [dance Bomba in the Northeast of the island!](#)

See what happens in a [“Bombazo” in Las Fiestas de La Calle San Sebastián!](#)

Plena was a result of the mixing of the culturally diverse popular class, where their workplace, neighborhood, and life experiences met to create an expressive, satirical style of music. It became a way for the working class to gain empowerment through parody. Due to its lower class origins, it was regarded by the upper class as "a menace to public order and private property and was for many years associated with people of *la vida alegre* (the merry life), referring to prostitutes, dancers, alcoholics, and moral degenerates. Singing and dancing of the plena often happened in *cafetines*, bars that frequently doubled as brothels and where interracial socializing and sexual encounters were free to take place. [source: [Wikipedia](#)].

Jíbara music is also *part of Puerto Rico's rich culture. This music comes from the mountain regions of the island. The style is rooted in music brought to the island by Spaniards from southern and western Spain during the 17th century.* [source: [Wikipedia](#)].

Learn [How to play Plena!](#) with Tito Matos

[Plenazo in "El Watu si"!](#) (famous frequent spot in Santurce)

Learn more of the [History of "La Décima Puertorriqueña"!](#)

Famous Artist

Angel Luis Torruellas (Plenero) – Famous song writer, singer con Bomba and Plena. Born in Mayagüez in 1939.

Popular songs

Soy Caribeña written by Angel Luis Torruella

Watch Angel Luis Toruella [Soy Caribeña](#)



Salsa is one of the major type of music of the island. Its name literally translated as the "sauce" that makes parties happen. Originally developed within the Puerto Rican community of New York, it draws heavily from the musical roots of the Cuban and the African-Caribbean experience. Highly danceable, its rhythms are hot, urban, rhythmically sophisticated, and compelling.



Rafael Ithier a Puerto Rican salsa musician and the mastermind founder the highly successful orchestra El Gran Combo. Ithier was born in Río Piedras Puerto Rico on August 29, 1926.

Watch [El Gran Combo and its history](#) and [Rafael Ithier](#)

Famous people

Rita Moreno, born in Humacao in 1931, is a Hollywood legend, being the first and only Puerto Rican, Latinex to be an EGOT--that is, an Emmy, Grammy, Oscar and Tony award winner. She won the Academy Award for Best Supporting Actress in in 1961 for her performance in *West Side Story*; a Grammy Award in 1972 for Best Album for Children, *The Electric Company Album*; a Tony Award in 1975 for her performance in *The Ritz*; and an Emmy in 1977 for Best Individual Performance in a Variety of Music Program. She was also awarded the Presidential Medal of Freedom in 2004 by former president George W. Bush. [source: [hercampus](#)]



Famous puertorrican quotes

“Al mal tiempo, Buena cara”

“Más sabe el diablo por Viejo, que por diablo”

Traditional Attire and its history



“Táinos”

Historically, Puerto Rican dress has changed with each wave of new inhabitants. The indigenous Taino people had very little clothing, with the men, children and teens wearing nothing at all. Only married women wore garments, simple cotton skirts. With European arrival, Puerto Rican dress took on a heavily Spanish-influenced look.

[source: [USA Today](#)].



“Traje de Bomba”

With the rise of the slave trade, Puerto Rico's mixture of clothing styles and cultures began to demonstrate influences from the African Yoruba, Ashanti and Bantu people. The guayabera is the most distinctive and well-known garment from Puerto Rico. A kind of tailored shirt for men, it has patch pockets on the front and is usually worn over an undershirt. [source: [USA Today](#)].



“Jíbaro”

The traditional farmer, known affectionately as the "jíbaro," wore a wide-brimmed hat woven from straw, a tailored cotton shirt and cotton slacks. Most farmers did not wear shoes. Women would wear long, full skirts, headscarves and a low-necked blouse. Large jewelry and hooped earrings were also typical. [source: [USA Today](#)].