

# ESPANGLISH

*The Spanish Department's Fortnightly Newsletter*



El Aqueducto Romano, Segovia, Spain

## ¡Bienvenida de vuelta!

Hi everyone, welcome back to the Spanish newsletter!  
We can't believe we have made it to the summer term.

This newsletter has been created for all those interested in the culture and languages of Spain and Latin America. Whether you're studying Spanish or not there is bound to be something for you in this newsletter. From cooking to music to stories to events.

If you have any suggestions or responses we would love to hear from you. Anything related to Spanish and the Latin American world is welcome just drop us an email at:

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EspanGLISH is a biweekly newsletter so there aren't any deadlines. We look forward to hearing from you!

By Ruby Manhota, Maleeha Ahmad and Maya Brown

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# Food Through Latin America

Hey everyone! This is a new segment that will take you on a journey around Latin American through food ¡Qué emocionante!

In this article I wanted to explore one of my favourite cuisines... Mexican!

Mexican cuisine is a complex and ancient cuisine, with techniques and skills developed over thousands of years of history. It is created mostly with ingredients native to Mexico, as well as those brought over by the Spanish conquistadors, with some new influences since then. Mexican cuisine has been influenced by its proximity to the US-Mexican border.

*La cocina mexicana es una cocina compleja y antigua, con técnicas y habilidades desarrolladas a lo largo de miles de años de historia. Se crea principalmente con ingredientes nativos de México, así como los traídos por los conquistadores españoles, con algunas nuevas influencias desde entonces. La cocina mexicana ha sido influenciada por su proximidad a la frontera México-Estados Unidos.*

*Let's travel around Mexico through one of its most famous dishes, Burritos!*

## The history

Before the development of the modern burrito, the Mesoamerican peoples of Mexico used corn tortillas in 10,000 B.C. to wrap foods, with fillings of chili peppers, tomatoes, mushrooms, squash, and avocados.



The precise origin of the modern burrito is not known however there are many origin stories in Mexican folk history and in 1895 the burrito was identified as a regional item in the Mexican Some have speculated that it may have originated with vaqueros (the cowboys of northern Mexico in the 19th century)

An often repeated piece of folk history is the story of a man named Juan Méndez who sold tacos at a street stand in the Bella Vista neighborhood of Ciudad Juárez during the Mexican Revolution period (1910–1921), while using a donkey as a transport for himself and his food. To keep the food warm, Méndez wrapped it in large homemade flour tortillas underneath a small tablecloth. As the "food of the burrito" (i.e., "food of the little donkey") grew in popularity, "burrito" was eventually adopted as the name for these large tacos.



Burritos were thought to have been invented for easier transportation of beans by wrapping them in tortillas for field labor. Modifications like these brought Mexican cuisine to the United States, where states like Arizona further adapted burritos by deep frying them, creating the modern chimichanga.

### Regional differences

#### **Mexican**

Typically, the average Mexican burrito contains just refried beans, one type of meat, and maybe a sprinkling of cheese, while certain regions have been known to fill their wraps with potatoes, chorizo, grilled cactus, or roasted peppers. Don't expect to find any massive burritos loaded with rice, lettuce, and salsa.

#### **American**

This type of burrito is produced on a steam table assembly line, and is characterized by a large stuffed flour tortilla wrapped in aluminium foil, and may include fillings such as carne asada (beef), Mexican-style rice, whole beans (not refritos), sour cream and onion.

Now that you know a lot more about burritos, why not try and make one this week! They're so versatile you could have a one for lunch or dinner or even a breakfast burrito



**By Maya Brown**

## **La Alhambra**

Si habéis visitado España alguna vez, es posible que hayáis visto antiguos edificios cristianos, musulmanes o judíos. ¿Sabéis que en España los cristianos, los musulmanes y los judíos vivían juntos en paz durante siete siglos? Esto ha dejado muchos restos culturales y se puede ver la influencia que las tres culturas tuvieron en España. Los próximos artículos cubrirán algunos lugares de interés que vienen de esta época. Esta semana podéis aprender sobre La Alhambra.

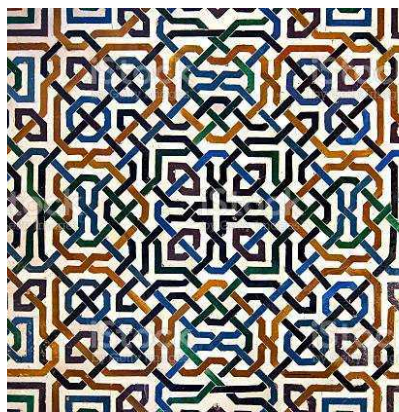
If you have ever visited Spain, it may be that you've seen old Christian, Islamic or Jewish buildings. Did you know that in Spain Christians, Muslims and Jews used to live together in peace for seven centuries? This has left a lot of cultural remains and you can see the influence that the three cultures had on Spain. The next few articles will talk about some interesting places that come from this time period. This week, you can learn about La Alhambra.



La Alhambra is one of the most visited monuments in Spain and has 3 million visitors each year. It is a fortress and palace in Granada surrounded by forests and mountains. It was built in the mid-13th century by Nasrid emir Mohammed ben Al-Ahmar and became a royal palace in 1333 by Yusuf I, Sultan of Granada. It has a lot of cultural and historical importance in Spain.

After Spain went under Catholic Rule in 1492, La Alhambra became the Royal Court of Ferdinand and Isabella. In fact, this was the place where Christopher Columbus received their royal grant for his expedition.

The walls feature a lot of Islamic Geometrical Art. Islamic poetry at the time described it as “a pearl set in emeralds” alluding to its beauty found amongst the lush, green trees. Alhambra’s decorations actually inspired the famous artist M. C. Escher who is known for his work on tessellation.

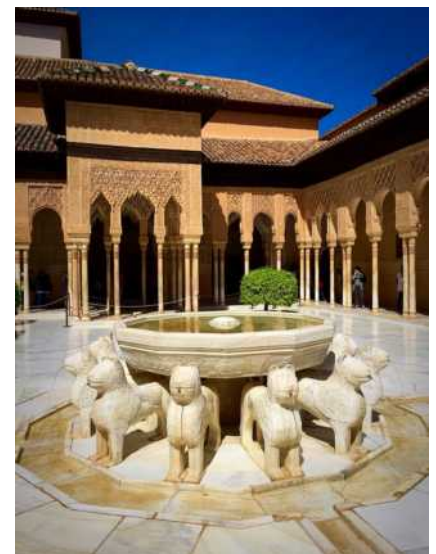


La Alhambra is one of the only buildings that has tiles that contain all of the seventeen mathematically possible wallpaper groups. After Escher visited it in 1922 to study its use of symmetry, he was inspired to create art using tessellation.

One of the most impressive parts of La Alhambra is its water system. It has water supplied to it from the Darro River and was built to have a complex and ingenious hydraulic

system. An example of this is the Fountain of Lions- a basin supported by 12 white marble lions. Every hour a different lion would produce water from its mouth. The fountain also has a poem written by Ibn Zamrak which symbolises the strength of the lions and also explains how the baffling fountain works.

La Alhambra is an extremely beautiful place and is a UNESCO World Heritage Site. It is an excellent example of the Arabic influences that you can find in Spain.



The next article will be about the Cordoba Synagogue and Toledo (the City of Three Cultures) to explore the Jewish influence on Spanish culture.

If you haven't already read the article about Isabella and Ferdinand from the ?th newsletter, it talks about the history of how Spain became a Catholic Country after 7 centuries of peaceful coexistence between Christians, Jews and Muslims.

¡Esperamos que disfrutarais de este artículo!



By Maleeha Ahmad

## Refreshing Mocktails

With summer now here and the lovely hot weather and sunshine (sometimes) a nice cold drink would be perfect. So here are a couple of refreshing recipes of spanish style mocktails. They can be perfect for those socially distanced garden meet- ups with your friends and family, hope you enjoy them. If you try them out we would love it if you sent us a picture!

*Con el verano aquí y el tiempo caluroso y el sol (a veces) una bebida fría agradable sería perfecto. Así que aquí tenemos un par de recetas refrescantes de mocktails de estilo español. Pueden ser perfectos para aquellos que se encuentran socialmente distanciados en el jardín con tus amigos y familiares, espero que los disfrutes. Si los prueba, nos encantaría que nos enviaras una foto.*

### Mojito Mocktail

1 tbsp sugar  
 Small bunch mint  
 3 limes, juiced  
 Soda water



1. Muddle the sugar with leaves from the mint using a pestle and mortar (or use a small bowl and the end of a rolling pin).
2. Put a handful of crushed ice into 2 tall glasses. Divide the lime juice between the glasses with the mint mix. Add a straw and top up with soda water.



### Sweet Sangria Mocktail

60ml sparkling water

40ml cranberry juice

40ml orange juice

Chopped fruit (grapes, oranges, tangerines, peaches, strawberries, apples, blueberries)

Ice - About 10 cubes

Chopped mint to garnish

1. Add the cranberry juice, orange juice, and sparkling water and chopped fruit to a large pitcher or drink dispenser.
2. Place the Sangria mocktail in the fridge and let it chill for a minimum of 1 hour.
3. Remove from the fridge, top with ice and garnish your drink with herbs and fruit before serving.

### Margarita Mocktail

60ml sparkling water

40ml cranberry juice

40ml orange juice

Chopped fruit (grapes, oranges, tangerines, peaches, strawberries, apples, blueberries)

Ice - About 10 cubes

Chopped mint to garnish



1. Pour cordial and both juices over ice in a mixing glass and shake well
2. Strain into ice filled serving glass and pour soda. Give a nice stir and garnish with lemon wheel.

**By Ruby Manhota**

## Icons of Spanish Fashion

Spain has a long history of fashion and its designers. Many of whom have been revolutionary in the fashion movement and are still globally known today. Some you may not even realise had origins in Spain!

*España tiene una larga historia de moda y sus diseñadores. Muchos de los cuales han sido revolucionarios en el movimiento de la moda y todavía son conocidos a nivel mundial hoy en día. ¡algunos ni siquiera se dan cuenta de que tenían orígenes en España!*

## Loewe

The company was established in 1846 when a group of Spanish leather craftsmen in Madrid were joined by Enrique Loewe Roessbery, a merchant. They formed a business and by the start of the 20th century the company was expanding and many notable people became regular customers.

The humble beginnings as a leather making collective was transformed to unmatched leather expertise. Their main workshop is based in Madrid and workers continue to mix craftsmanship and new technology.

The name Loewe is not actually derived from a Spanish word but rather traces back to Germany. The German merchant Enrique lowew was the craftsman to ke the helm of the project and hence bestowed the company with his name.

The company continued to expand and grow and has now become one of Spain's most valued and respected fashion brands.



## Balenciaga

Cristobal Balencaiga opened his first luxury clothing house in San Sebastian, Spain in 1917 and had high end customers including the Spanish royal family. However, the civil war forced him to close and relocate to Paris.

When in Paris most of his designs were influenced by the Spanish Renaissance which led to immediate success in France as it was seen as revolutionary. In world war II his popularity had risen so much that many people travelled to Europe to see his designs.

Balenciaga was most well known for his manipulation of the waist

on clothing and changing the style of a woman's silhouette. In 1955, he designed the tunic dress, which later developed into the chemise dress of 1958. Other contributions included the spherical balloon jacket (1953), the high-waisted baby doll dress (1957), the cocoon coat (1957), the balloon skirt (1957).





### Pacco Rabanne

Pacco Rabanne born as Francisco Rabandeda Cuervo in the Basque town of Pasajes in 1924 grew up around fashion as his mother was a chief seamstress at Cristobal Balenciaga's first couture house. He later earned money making fashion sketches for Dior and Givenchy. However, his own career in fashion was not until 1966 when he opened his own fashion house in Paris and made flamboyant designs from unconventional materials like paper, plastic and metal.

Some of his most well known work includes the green costume worn by Jane Fonda in the 1968 science-fiction film Barbarella. In 1968 Cuervo began collaborating with fragrance company Puig and launched the fragrance counterpart to his company. His iconic chainmail dresses helped define an era of shape-shifting fashion and remain emblematic of the house still today.



### Manolo Blahnik

Manuel Blahnik Rodríguez born in 1942 moved the banana plantation owned by his mothers family in the canary islands to avoid fascism in Prague. From a young age his family pushed him to pursue a career in politics and they sent him to the university of Geneva to get a degree in politics and law. Manolo however, changed his degree to literature and architecture. From there he moved to France to continue his education in set design. After his pursuits of knowledge in France he moved to London and became a writer from L'Uomo. In 1969, Blahnik met Diana Vreeland, the editor-in -chief of U.S Vogue. He presented his portfolio of fashion and set design to her and she admired his work. She said to him "Young man, make things, make accessories, make shoes."

And so he did. Blahnik continued to expand his empire and now sells high end shoes and accessories across the globe.



By Ruby Manhota

## EXPRESIÓN DE LA SEMANA

This month's proverb is "Cada loco con su tema." literally means every crazy person with their issue. It is the way of saying everybody does things differently and in their own unique way. So when you're working on your next group project bear this in mind. And as always remeber **siempre sé feliz!**