

ESPANGLISH

The Spanish Department's Monthly Newsletter



El Retiro Park, Madrid, Spain

¡Bienvenida de vuelta!

Hi everyone and welcome to the Spanish newsletter! We can't believe how fast half term has come around but we hope these newsletters will provide some interesting reading.

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 monthly newsletter so there aren't any deadlines. We look forward to hearing from you!

By Ruby Manhota, Maya Brown and Nicole Soo

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Colombian Cuisine Explained

Hey everyone! Let's go on another journey around Latin American through food ¡Qué emocionante! In this article I wanted to explore Colombian food!

Colombian cuisine is a mixture of the culinary traditions of the six main regions within the country (Pacific, Amazonian, Andean, Orinoco, Caribbean, and Insular). Its cuisine varies regionally and is particularly influenced by Indigenous Colombian, Spanish, and African cuisines, with slight Arab influence in some regions. Furthermore, being one of the most biodiverse countries in the world, Colombia has one of the widest variety of available ingredients depending on the region.

La cocina colombiana es una mezcla de las tradiciones culinarias de las seis principales regiones del país (Pacífico, Amazonía, Andina, Orinoco, Caribe, E Insular). Su cocina varía regionalmente y está particularmente influenciada por las cocinas indígenas colombianas, españolas y africanas, con una ligera influencia árabe en algunas regiones. Además, siendo uno de los países más biodiversos del mundo, Colombia tiene una de las más amplias variedades de ingredientes disponibles dependiendo de la región.



La historia

Colombian food is a unique blend of indigenous and European traditions with a strong Afro-Caribbean influence. The two largest indigenous groups prior to European conquest were the Tairona, who lived along the Caribbean coast, and the Muisca, who lived in the highlands to the South.

Arepas, made from ground corn, are one of the oldest cooked dishes in Colombian cuisine. It is believed that the name derives from the word for corn in the Chibcha languages. Nowadays, Arepas are a popular modern Colombian dish.

Las diferencias regionales

Colombia's varied cuisine is influenced by its diverse fauna and flora as well as the cultural traditions of several ethnic groups.

Colombian dishes and ingredients vary widely by region. Some of the most common ingredients are: cereals such as rice and maize; tubers such as potato and cassava; assorted legumes; meats, including beef, chicken, pork and goat; fish; and seafood. Colombian cuisine also features a variety of tropical fruits.

There are a large variety of dishes that take into account the differences in regional climates. For example:

- In the city of Medellín, the typical dish is the bandeja paisa. It includes beans, rice, ground meat or carne asada, chorizo, fried egg, arepa, and chicharrón. It is usually accompanied by avocado, tomato, and special sauces.
- In the city of Cali, the most traditional dish is "sancocho de gallina", a soup composed mostly of chicken, plantain, corn, coriander, yuca root, and other seasonings. Sancocho is usually served with a portion of rice, tostadas (fried plantains), and a chicken leg covered in hogao (a tomato and onion sauce). The city is also known for its empanadas (a fried corn dough filled with potatoes and meat), marranitas / puerquitas (a fried ball of plantain filled with chicharron, also known as pork rinds), pandebono (a delicious cheese bread made with yucca dough), and aborrajados (sweet ripe fried plantains filled with cheese and served with guava paste).
- In Bogotá and the Andean region, ajiaco is the traditional dish. It is also a type of soup made with chicken and potatoes, and flavoured with a locally grown herb called "guasca".
- On the Caribbean coast, spicy dishes including fish and lobster can be found. Coconut rice is a common dish along the coastal cities. The cuisine of the Caribbean is also influenced by Arab traditions, with dishes such as Kibbeh.
- In the Llanos, barbecued meats, such as the "ternera llanera", and river fishes like the "amarillo", are commonly eaten.
- In the Amazonas, the cuisine is influenced by Brazilian and Peruvian traditions.
- In the Andean region of Nariño, a traditional dish is broiled guinea pig (cuy asado), due to influence of Inca cuisine.

Now that you know a bit more about Colombian cuisine, why not try and recreate a dish that sparked your interest!

By Maya Brown



Medallin, Colombia



Bogota, Colombia

The Independence Movement in Catalonia

Cataluña es una Comunidad Autónoma en el noreste de España, que contiene la ciudad de Barcelona y tiene una población de 7,7 millones de personas. La región tiene una historia rica llena de tradición, y tiene su propia lengua, el catalán, lo que crea una seña de identidad fuerte para los que viven en la región. En los últimos años, estas cosas han aumentado el apoyo al movimiento de la independencia de Cataluña.

Catalonia is an autonomous region in the northeast of Spain, which is home to the city of Barcelona and has a population of 7.7 million people. The region has a rich history full of tradition and has its own language, Catalan, both of which create a strong sense of identity for those who live in the region. In recent years, this has led to growing support for the Catalan independence movement, whose supporters wish for Catalonia to be recognised as its own country that is separate from Spain.

During Franco's dictatorship, many of the Catalan traditions were banned and it was forbidden to speak Catalan in the streets. After the death of Franco and the subsequent growth of democracy, the new Spanish constitution recognised Catalonia as an autonomous region in 1978, and these restrictions were lifted. In the following



years, Catalonia grew into a prosperous region with a strong sense of identity and culture- Catalan was spoken in public with pride, and various Catalan traditions began to be more widely practised. The growth in Catalan culture led to a growing independence movement, further powered by economic concerns; Catalonia only comprises 6% of Spain's landmass yet comprises more than 20% of Spain's economic output and 21% of the Spanish central government's tax revenue. This has led supporters of independence to argue that it is unfair for Catalonia to contribute so greatly to the country's GDP but receive little investment in return, as most of the money is spent on poorer regions. This sense of resentment was fuelled even further by the 2008 global financial crash, where the Spanish government responded by imposing spending cuts, all of which led many Catalans to believe that they would be better off if they were independent of Spain.



On the 1st of October 2017, Catalonia's pro-independence leaders took matters into their own hands and held an illegal referendum on the issue of independence. The referendum was declared unconstitutional by the Spanish courts but it still took place; citizens printed off their own ballot

papers at home and turned them in at local polling stations. Due to its illegal nature, voters were met with resistance from the police, which then sparked widespread riots and protests where over 1000 people got injured amongst the violence. However, the case for independence stood strong and clear; 90% of voters supported independence and therefore on the 27th of October 2017, Catalan leaders signed a declaration of independence, much to the dismay of the central government who in response enforced direct rule on the region and suspended Catalanian autonomy. Pro-independence leaders were then forced to either be arrested for rebellion and misuse of public funds or flee Spain, and the independence movement was left with little hope.

So what is the future for the independence movement? Whilst there are still pro-independence groups who raise awareness for the cause and significant support for pro-independence parties in elections, it is unlikely that Catalan independence will be achieved any time soon. Although there is a healthily sized independence movement, there is also considerable opposition- many Catalans, particularly those who are from more urban areas and who receive a lower income, are against independence. If Catalonia becomes independent from Spain then it would lose EU membership, forcing Catalonia to lose out on the funding and protection that the EU provides. If they wanted to rejoin then they would have to start the lengthy application process, which can seem like too much of a hassle for those who are anti-independence. Furthermore, the controversy surrounding the 2017 referendum has not helped the fight for independence, proving that the future of the movement remains bleak.

By Nicole Soo



Festival de San Isidro

San Isidro's Feast Day held on the 15th of May is one of the most celebrated festivities in Madrid honoring the patron saint. Originally a 12th-century farmer, through many miracles that happened to him he was given the honor of a saint.

La Fiesta de San Isidro, celebrada el 15 de mayo, es una de las fiestas más celebradas en Madrid en honor al santo patrón. Originalmente un granjero del siglo 12, a través de muchos milagros que le sucedieron le fue dado el honor de un santo.



San Isidro was a farmer born in Madrid in 1082 and died in 1172. Legend has it that while the saint was praying, two angels ploughed the land for him and this was only one of few miracles that happened to him. A hermitage dedicated to the saint was built on this spot in 1528, ordered by the Empress Isabel,

after Prince Felipe came back into health by drinking water from the spring. Later, Baltasar de Zúñiga, Marquess of Valero, built the current day hermitage, with a single nave and a dome

In the morning, La Pradera de San Isidro (the San Isidro Meadow) becomes a site of pilgrimage and at 12pm, the Royal Collegiate Church of San Isidro hosts the Grand Mass. After the Archbishop of Madrid makes his way to the San Isidro Meadow and he blesses the water from the spring. In the afternoon, the image of San Isidro and his wife, Santa Maria de la Cabeza are led through the streets of Madrid in a grand procession. Of course accompanied by music using guitars and tambourines played by the madrilenos.

Typical dishes of the festivity such as 'entresijos' (lamb mesentery) and 'gallinejas' (fried lamb intestines) or 'rosquillas' (small ring-shaped breadsticks) with sugar. All day the San Isidro Meadow is filled with visitors celebrating along with the 'chulapos' and 'chulapas' dressed in traditional costume and who go there to enjoy a day outdoors with concerts, gastronomy and the festive atmosphere.



By Ruby Manhota

EXPRESIÓN DE LA SEMANA

This month's proverb is "Cada uno sabe dónde le aprieta el zapato." which literally means that each one knows where his shoe is too tight. This means that while all may look good on the outside only you know how you feel and only you can truly say what is best for yourself. Don't let others pressure you to be someone you're not and remember **siempre sé feliz!**