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My grandma and my grandpa both immigrated to the United States. My grandpa came from Puerto Rico and my grandma came from Dominican Republic. I've heard many stories on how it was for them to migrate here. The United States is very different from hispanic countries. There not only are people from all around the world, but there are so many different cultures in the United States. It's very difficult to try to fit into a country they aren't familiar with. So immigrants bring their culture with them. My grandpa brought his traditions and recipes with him. A very common hispanic tradition are certain foods. An example of this is tostones and tres golpes. They Are both made with plantains. Tostones are made with platanos, you use a tostonera. A tostonera is a usually wooden kitchen tool used to smash plantains. It's a tool that you see in every hispanics house. In my family, our tostonera belonged to my grandma and grandpa, then was given to my mom. When my mom grandma moved out she left the tostonera with my mom. The tostonera is important to my family because it helps preserve Puerto Rican culture when it comes to food.

Also, researchers believe that plantains were originated from Puerto Rico. Since my family is part Puerto Rican, this is an example of how they preserved their culture. The site also states: "It's also said that they were created by Doña Angelina, who was a cook at Los Robles Restaurant in Salinas, Puerto Rico" (<https://en.wikipedia.org/wiki/Tostones>). The website proves the point that tostones were made by a puerto rican woman, at a restaurant in Puerto Rico. Since many people in the United States eat this food, it is shown that the food has been brought to the United States. They're also helping to preserve it.

Watching my mom cook is extremely fascinating. Just the fact that she knows exactly how to get to her result. My Puerto Rican/Dominican family traditions we practice and things we make, such as recipes. Hispanics are known for their delicious meals. There are many different foods that everyone in the family knows how to make. These foods are part of our culture. The example of a food that we make is called "tostones". My grandma taught my mom. Now my sister and I both know how to cook this food. I remember the day my mom showed me how to make them. She told me to cut the plantain into slices, then to put them on a pan to fry. Once they are halfway done, I took them out and smashed them with the tostonera, then put them back in the frying pan to finish. "A tostonera is a wooden (and sometimes plastic) press used to make "tostones". Tostones are flattened discs of plantain that are cooked, pressed, then

fried again” (<https://www.gourmetsleuth.com/articles/detail/tostonera>). This shows that everyone cooks tostones really similar, and they've been a common food for a while.

I have learned many things with working on research about the tostonera. I learned that the food that this tool helps make, originates from my country. Also that when Puerto Ricans immigrated from Puerto Rico to the United States, it was hard for them to get used to the country. Because of this, They surrounded themselves with their people and preserved their culture. My family plays a part in this because we still practice and do the same things that are tied to Puerto Rican culture.