

Let's Eat Dominican Sun Rice!

What you need:

- 1 whole carrot—grated
- 1 tsp salt
- 2 tablespoons corn oil
- ½ cup chicken consommé
- 1 ½ cups water
- 1 ½ cups uncooked rice
- ½ can of sweet corn
- 1 tablespoon butter

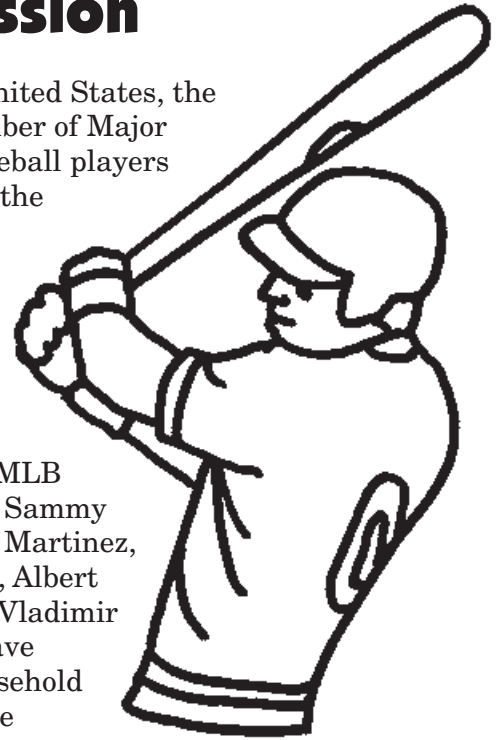
What you do:

- Wash the rice with water; drain
- With the help of an adult, sauté the grated carrots with oil and salt over medium heat in a saucepan.
- After carrots change color, add chicken consommé and water. Bring to a boil.
- Add rice and stir for around a minute
- Cover tightly, reduce heat, and simmer for 10 minutes.
- Stir in corn. Replace lid and simmer for about 15-20 more minutes.
- Remove from heat, stir in butter before serving. Enjoy!



Baseball—National Obsession

After the United States, the largest number of Major League Baseball players comes from the Dominican Republic. Baseball is the most popular sport in the country. Dominican MLB players like Sammy Sosa, Pedro Martinez, David Ortiz, Albert Pujols, and Vladimir Guerrero have become household names in the United States,



where they have many fans. Dominican people watch baseball on TV—both local teams as well as baseball in the United States. Children play baseball together and baseball camps are very popular. At some point in their childhood, most Dominican boys dream of becoming a professional baseball player one day.

Merengue Music

The fast beat of **Merengue** music is considered the national music of the Dominican Republic. Merengue dancing looks somewhat like a couple marching with a limp. Additional dance moves are added as the dancers rotate in a circle. Merengue is very popular—you can hear it being played in stores, restaurants, and in people's homes any time.

