## STANDARDIZED RECIPE CARD

RECIPE NAME:Modified Tostones		RECIPE #
NUMBER OF PORTION	IS:I	HOTEL USE RECORD REF #S
INGREDIENTS	AMOUNT UNIT	PREPARATION
plantians, green	2 each	1. Preheat oven to 350 degrees F
corn oil	1 Tbl	2. Using a sharp knife cut off ends of plantain and through plantain peel, peel
Adobe	1 tsp	with hands
Fat Free Cooking spray	15 sec spray	<ul> <li>3. Cut plantain into 1 inch thick pieces on a bias</li> <li>4. Place plantains in a bowl of water, season with adobe and let rest for 3 min.</li> <li>5. Spray baking sheet with fat free cooking spray put plantains on sheet and lightly spray tops of plantains</li> <li>6. Bake ten min</li> <li>7. Remove baking sheet from oven and flatten plantains to 1/4 inch with tostone or glass and return to baking sheet</li> <li>8. Drizzle oil on flattened plantains and return to oven</li> <li>9. Bake 5 min and then turn oven to broil</li> <li>10. Broil 5 min or until lightly browned</li> <li>SERVE HOT</li> </ul>

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