RECIPE NAME:Tostor	nes	RECIPE #
NUMBER OF PORTIONS	6:4H	IOTEL USE RECORD REF #S
INGREDIENTS	AMOUNT UNIT	PREPARATION
plantians, green	2 each	1. Heat large frying pan over medium heat
corn oil	2 cup	2. Using a sharp knife cut off ends of plantain and through plantain peel, peel
Adobe	1 tsp	with hands
		3. Cut plantain into 1 inch thick pieces on a bias
		 Place plantains in a bowl of water, season with adobe and let rest for 3 min. Pour oil in pan and heat until oil is hot
		6. Reduce heat to medium low and add plantains, cook 3 min per side until tend
		7. Remove pieces and flatten with tostonera or glass, place on paper towl lined
		plate until all plantain pieces have been flattened
		8. Raise heat to medium high and put plantains back into the pan- cook until
		browned and crispy about 2 min per side
		SERVE HOT with sauce
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