### STANDARDIZED RECIPE CARD

**RECIPE NAME:** Tostones  
**NUMBER OF PORTIONS:** 4

### INGREDIENTS | AMOUNT | UNIT | PREPARATION
--- | --- | --- | ---
plantains, green | 2 | each | 1. Heat large frying pan over medium heat  
2. Using a sharp knife cut off ends of plantain and through plantain peel, peel with hands  
3. Cut plantain into 1 inch thick pieces on a bias  
4. Place plantains in a bowl of water, season with adobe and let rest for 3 min.  
5. 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 tender  
7. Remove pieces and flatten with tostonera or glass, place on paper towel 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

corn oil | 2 | cup |  
Adobe | 1 | tsp |  

**SERVE HOT with sauce**
6. Reduce heat to medium low and add plantains, cook 3 min per side until tender