



6 Oct 21

Estimados Familias,

¡Hola! In culture class we have been studying about Puerto Rico. Your child has learned about the flag, the location of Puerto Rico, the capital, the landscape, Tainos, Quinceanera, Carnaval and animals. Next week, Oct 11th-15th, we will learn about foods eaten in Puerto Rico and will be making tostones or fried plantains.

Tostones or Fried Plantains of Puerto Rico

5 Tablespoons of oil for frying (Vegetable oil works well)

Green Plantains

1. Peel the plantain and cut it into 1-inch chunks.
2. Heat the oil in a large skillet. Place the plantains in the oil and fry on both sides, approximately 3 1/2 minutes per side.
3. Remove the plantains from the pan and flatten the plantains by placing a plate over the fried plantains and pressing down.
4. Dip the plantains in water, then return them to the hot oil and fry 1 minute on each side. Salt to taste and serve immediately.

. ¡Buen provecho!

Sinceramente,

Sra. Hillary

