



Sysco South Florida  
Re-Energize Your Menu  
Foodservice Forum Recipes  
April 30, 2008



Floribbean Cuisine

**Cumin and Coriander Crusted Yellow Fin Tuna with Mango Rum Mojo and Plantain Tostones**

Serves 6

Mango Rum Mojo

- 2 ripe Mango, peeled and cut into ¼” dice **2053668**
- ½ cup chopped red onion **1039494**
- ¼ cup red bell pepper ¼” dice **8162364**
- 1 jalapeno chili, minced **6832216**
- 2 tbsp. minced cilantro **2219095**
- ¼ cup olive oil **5847011**
- ½ cup orange juice **3865896**
- 2 tbsp. Coconut rum **n /a**
- ½ tsp. Sysco Imperial Ground Ginger **5228887**
- ¼ tsp McCormick Sea Salt Grinder **6255659**

1. To make Mojo, combine the orange juice, rum and ginger in a sauce pan and reduce by half, approximately 5 minutes. Remove from the heat and chill.
2. Add the diced mango, red onions, jalapeño, bell pepper, cilantro, salt and olive oil.

Plantain Tostones

- 2 green plantains **0134114**
- ½ cup vegetable oil for frying **2419448**
- 1 tsp. McCormick McCormick Sea Salt Grinder **6255659**
- 1 tsp. Sysco Imperial Light Chili Powder **5228564**

1. Cut both ends off of the plantains and run a knife the length of the plantain, cutting through the peel only.
2. Cut the plantain into ¾ “slices.
3. Heat up the vegetable oil to about 350\*.
4. Fry the tostones for two to three minutes, just until they are soft. Remove and drain on paper towels. Press them flat with a plate, or tostenera.
5. Put the plantains back in the oil and fry until crispy (about five minutes).
6. Season with salt and chili powder.

## Cumin and Coriander Crusted Yellow Fin Tuna

2# Yellow Fin Tuna **0919969**

¼ cup olive oil **5847011**

1 tsp. McCormick Smoked Paprika **5806750**

1 tsp Sysco Imperial Ground Cumin **5228713**

2 tsp. McCormick Coriander Seeds, crushed **4497285**

1 tsp. Sysco Imperial Cilantro **SYS/NAT 2219095**

½ tsp. McCormick McCormick Sea Salt Grinder **6255659**

1 tsp. Sysco Imperial Peppercorn Mélange **5517073**

1. Prepare a sauté pan over medium high heat.
2. Crush and blend all the spices together in a mortar and pestle or spice grinder.
3. Oil and crust the tuna tuna steaks and arrange on the hot pan and sear for 2 to 3 minutes per side for medium rare.
4. Transfer the tuna to serving plates and place on the tostone. Spoon some of the Mojo over and serve immediately.