

Seasoned French Fries

Recipe By Zehava Krohn



Cooking and Prep:  1 h

Serves:  6

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Chanukah

Diet: Vegetarian, Gluten Free,
No Refined Sugar, Pescetarian

Source: Whisk by Ami

Magazine

Ingredients (3)

Main ingredients

- 3 to 4 pounds Idaho or Russet potatoes
- oil for frying
- salt and/or Prima French Fry Seasoning

Start Cooking

Prepare the French Fries

1. Leaving the skin on the potatoes is a matter of taste preference, but the skins are where many of the nutrients are found, so leaving them on means your fries will have more Vitamin B-6 and other nutrients. If you do leave them on, clean the skins thoroughly with a scrub brush. Otherwise, peel potatoes.
2. Cut potatoes into a uniform size. I like using a French fry cutter, but if you prefer cutting with a knife, be sure the fries are a uniform size so they fry evenly.
3. Soak the fries for 30 minutes in cold water (some recommend ice water). Remove and pat dry.
4. Fill a medium pot (I use a 4-quart size) halfway with oil. You should have enough oil to just cover the fries, not more than that.
5. Heat the oil to 350°F, or a little bit less. Test the oil by throwing in one French fry. If the oil sizzles, you know it's hot enough. If your oil starts smoking, turn down the temperature a little. Smoking oil turns into trans-fat.
6. Cook the fries in small batches! Don't put all your fries in at once.
7. Remove fries from oil using a slotted spoon when they're as brown or crispy as you like, about 15 to 20 minutes.
8. Remove to a paper towel to cool and lose some of their grease. Leave them in a single layer on the paper towel.
9. Don't pile them up or they will lose crispiness and gain a softer texture.
10. Season fries with salt, or French fry spice.

Tip:

Fry Once or Twice?

Some, especially professional chefs, are big believers in twice-frying. You cook each little batch of fries until they're just barely golden, and take them out of the pot to dry. After you've cooked all the batches halfway, put them back in the pot again until they're nice and golden/brown.