

“REGULAR” FRIES

After my go around with “OLD MAN's Sweet Potato Fries”, I wanted to come up with a fries recipe that did not take three days. Well, this one is not it.

I have been doing a lot of reading on various techniques for fries and a good many of them recommend multi-stage cooking. My “Ah-Ha” moment with this came when I tried a variant of “quick” fries. For this attempt, I cooked them for 5 minutes at 374 deg. F, let them rest on a cooling rack, then cooked them again at 374 deg. F for 7 minutes. OK, but not great; I put the leftovers in the fridge. The “Ah-Ha” moment came the next day when I re-fried them again at 375 deg. F for 5 minutes. TASTY! Nice and crispy, but needed a little work.

This go around the fries were great, but not GREAT. Nice and crispy, but a tad dry. The recipe below reflects slightly reduced cook times for the two “pre-cook” stages to counter the slight dryness. Once I dial those in, these will be GREAT. It is still at least a two day recipe, however.

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
2	-----	Medium-largish Russet Potatoes
AR	-----	Kosher Salt
AR	-----	Peanut Oil (or deep frying oil of choice)

I originally was doing 3 potatoes, but one potato works out to one serving and fits nicely with one vac seal bag and ¼ sheet cooling rack / ¼ sheet pan. 2 potatoes is a good for “let’s make some for this weekend, and some for later”. Multiply depending on how many people you are serving (or how hungry you are!).

SPECIAL TOOLS

- Fry cutter with ½ in. grate [i]
- Counter top deep fryer
- Food Saver (or similar vacuum sealer)
- Vacuum seal bags or bag rolls

PREPARATION

PART I

- 1) Rinse potatoes and pat dry
- 2) Remove and nubbles, but do not peel
- 3) Spray fry cutter grate with PAM to lubricate
- 4) Cut potatoes into fries with fry cutter

- 5) After you cut each potato, put the fries in the glass bowl and cover with water.
If your tap water is funky, use bottled distilled water
- 6) Weigh potatoes down with glass plate to make sure all fries are submerged
 - a. Add water as required
 - b. Add weight on top of the plate as required. Measuring cups filled with water work great for this
- 7) Let the fries soak for 1 hour
- 8) Drain fries
- 9) Rinse the fries and bowl
- 10) Put potatoes back in glass bowl and cover with water
- 11) Weigh potatoes down with glass plate to make sure all fries are submerged
 - a. Add water as required
 - b. Add weight on top of the plate as required
- 12) Let the fries soak for 1 hour
- 13) Drain fries
- 14) Rinse the fries and bowl
- 15) Place the fries in a colander on a plate and let sit in the fridge overnight

PART II

- 1) Fill deep fryer with peanut oil or oil of choice
- 2) Heat to 320 deg. F
- 3) Fry fries in batches (DON'T CROWD!) for 8 minutes, agitating the basket occasionally
- 4) Shake the basket over the fryer and let drain for 30 seconds
- 5) Shake the basket again the place fries on $\frac{1}{4}$ sheet cooling rack in $\frac{1}{4}$ sheet pan and cover with another $\frac{1}{4}$ sheet pan. You may need more than one set of $\frac{1}{4}$ sheet pans and cooling racks depending on the amount of fries you are making
- 6) When the last batch is done, raise the deep fryer temperature to 374 deg. F
- 7) Fry fries in batches (DON'T CROWD!) for 3 minutes, agitating the basket occasionally
- 8) Shake the basket over the fryer and let drain for 30 seconds
- 9) Shake the basket again the place fries on $\frac{1}{4}$ cooling rack in $\frac{1}{4}$ sheet pan and cover with another $\frac{1}{4}$ sheet pan. You may need more than one set of $\frac{1}{4}$ sheet pans and cooling racks depending on the amount of fries you are making
- 10) Let fries cool until the can be handled comfortably with a bare hand
- 11) Make (1) 4 line vac seal bag per potato
- 12) Vac seal fries
- 13) Put in freezer overnight (or until frozen if you got started early enough in the day)

PART III

- 1) Heat deep fryer to 374 deg. F
- 2) Fry in batches for 5 minutes or until desired doneness is achieved, agitating the basket occasionally. 1 pack (1 potato) at a time should be good depending on the size of your deep fryer
- 3) Shake the basket over the fryer and let drain for 30 seconds

- 4) Immediately toss fries in a glass bowl with kosher salt
- 5) Place fries on $\frac{1}{4}$ cooling rack in $\frac{1}{4}$ sheet pan and cover with another $\frac{1}{4}$ sheet pan. You may need more than one set of $\frac{1}{4}$ sheet pans and cooling racks depending on the amount of fries you are making
- 6) If it is going to be a while before you get to them, place them in an oven set to "warm". If your oven's warm setting is too warm, leave the door open a crack
- 7) ENJOY!!!

NOTES

- i. OK... not STRICTLY necessary, but it gives nice, uniform fries

PICTURES











