

Salt and Serenity

Classic French Fries

If using a regular pot, you will need a deep fat thermometer clipped to the side of your pot, to regulate the oil temperature.

Serves 4-6

Vegetable oil for frying (for deep fryer you will need about 8 cups, for a regular pot, about 4-6 cups)

2 pounds Idaho or Russet baking potatoes, peeled, rinsed, and dried

Sea Salt, to taste

1. Pour enough oil into a deep fryer to reach at least halfway up the sides of the pan but not more than three-quarters. Heat the oil to 325°F.
2. Cut the potatoes into sticks 1/4 inch wide and about 3 inches long. Dry the potatoes thoroughly with clean kitchen or paper towels. Divide the potatoes into batches of about 1-2 cups each, depending on the size of your fryer.
3. Fry the potatoes until lightly colored but not brown, 6-7 minutes per batch. Remove to a baking sheet lined with paper towels. Repeat with remaining potatoes. At this point the potatoes can sit at room temperature for up to four hours, or covered in the fridge for up to 2 days, until you are ready to fry
4. Heat the oil to 375°F. Fry the potatoes in 1-2 cup batches until they are golden brown and crisp, 6-7 minutes. Drain on fresh paper towels. Sprinkle with sea salt immediately. Repeat with remaining potatoes.

I like to serve these with chipotle mayo. I take 1-2 chipotle chiles in adobo, remove the seeds and puree. I mix this into some Hellman's mayo (light is perfectly fine, just don't use the fat-free)

You can also make sweet potato fries. They don't get quite as crispy as the Russets, but they are still very delicious.

