

MCDOWELL'S FRIES

I have been researching this one for a while, and I think I got it. However, I have not tried it yet. This should be fun.

By the way... Has anyone gotten the McDowell's reference yet?

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
4	-----	Good Size Russet Potatoes
12	Cups	Distilled Water
1/2	Cup	Corn Syrup
1/2	Cup	White Sugar
3	TBSP	Powdered Beef Bouillon
AR	-----	Kosher Salt
AR	-----	Distilled Water
AR	-----	Peanut Oil
AR	-----	PAM

Don't like peanut oil or are allergic? Any high temperature, neutral oil should work

SPECIAL TOOLS

- Fry Cutter With ¼ Inch Grate [i]
- Countertop Deep Fryer [ii]
- Sous Vide Supreme Machine [iii]
- Immersion Blender
- Food Saver (or similar vacuum sealer)
- Vacuum seal bags or bag rolls

PREPARATION

DAY 01

- 1) Thoroughly clean and rinse the Sous Vide Supreme water bath container
- 2) Make (Qty. 4) 4-line vac seal bags [iv]
- 3) Rinse potatoes and remove nubbles
- 4) Peel potatoes and immediately submerge in a bowl of water
- 5) Assemble the fry cutter with the ¼ inch grate and spray the grate with PAM
- 6) Put potatoes through the cutter and immediately submerge in a fresh bowl of water

- 7) When the last potato is cut and under water, thoroughly mix the 12 cups of distilled water, ½ cup corn syrup, ½ cup white sugar, and 3 TBSP beef bouillon with an immersion blender
- 8) Pour the mix into the Sous Vide Supreme water basin and set to 170 deg. F
- 9) Once the Sous Vide Supreme reaches temperature, fill the deep fryer and heat to 374 deg. F
- 10) Rinse the potatoes and cover with a fresh batch of water
- 11) Cook the fries in the Sous Vide Supreme in batches for 15 minutes
- 12) Drain on cooling racks in half sheet pan covered with a second half sheet pan
- 13) When all batches are done, pat the fries dry of any excess water
- 14) Deep fry the fries in batches for 60 seconds
- 15) Drain on cooling racks in half sheet pan covered with a second half sheet pan and let cool until handleable
- 16) Vacuum seal 1 potatoes worth of fries per vac seal bag and put in freezer overnight

DAY 02

- 1) Fill the deep fryer and heat to 374 deg. F
- 2) Deep fry in batches for 3 – 3 ½ minutes or until light golden brown
- 3) Let each batch drain in the basket for 15 second then immediately toss with kosher salt
- 4) Transfer to a cooling rack in a half sheet pan and cover with a second half sheet pan
- 5) If you are making more than one batch of fries, keep the sheet pans in an oven set to warm with the door open.
- 6) ENJOY!!!

NOTES

- i. You don't necessarily need a fry cutter, but it does make things easier. Don't have one? A good sharp knife will do. Just try to cut the fries as uniformly as possible
- ii. This one is nonnegotiable. You NEED a deep fryer for this one
- iii. This one is also nonnegotiable AND it has to be the Sous Vide Supreme. This is the only one that I know of that has a sealed water bath container with no open circulators or elements. You will be cooking directly in the water bath with no bags
- iv. Make double seals to be sure!

PICTURES

No pictures yet!