

OLD MAN'S SWEET POTATO FRIES

This one.... This one... This one has been one of my White Whales. For some reason, I became obsessed with making sweet potato fries. Not exactly sure when it started, but I think it was in the past year or so. All I know is that I think I am there. The recipe below is a little bit of a tweak on the best version I have made to date.

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
AR	----	Sweet Potatoes
AR	----	Corn Starch
AR	----	Light Olive Oil
AR	----	Kosher Salt
AR	----	Peanut Oil

Everything is listed as AR because the actual quantity depends on how much you want. A medium sized sweet potato is probably good for a “single” serving. Corn starch depends on many factors, but start at 2 TBSP per potato. Kosher salt is season to taste. Olive oil is enough to coat things. Peanut oil is enough to fill your deep fryer (or pot, or Dutch oven, or etc) if it needs filling.

SPECIAL TOOLS

- Food Saver (or similar vacuum sealer)
- Vacuum seal bags or bag rolls
- Counter top deep fryer

PREPARATION

- 1) Weigh each sweet potato [i]
- 2) Rinse the sweet potatoes and pat dry
- 3) Peel the potatoes
- 4) Slice potatoes into ~ 1cm strips [ii]
- 5) Put potatoes into a glass bowl and cover with water
 - a. If you tap water is funky, use bottled water
- 6) Weigh the potatoes down with a glass or ceramic plate to make sure all fries are submerged
 - a. Add additional water as required
- 7) Let fries soak for 1 hour
- 8) Drain potatoes and rinse
 - a. Rinse the bowl too!
- 9) Put potatoes back in in the glass bowl and cover with your water of choice

- 10) Weigh the potatoes down with a glass or ceramic plate to make sure all fries are submerged
 - a. Add additional water as required
- 11) Let fries soak for 1 hour
- 12) Drain potatoes, rinse, and pat dry
- 13) Place the potatoes in glass bowls and put in the fridge, uncovered, overnight [iii]

- 14) Place one oven rack in the second position from the top and a second rack two positions below the first one
- 15) Preheat oven to 425 deg. F
- 16) Grease (Qty. 4) 15 in. x 10 in. cookie sheets with olive oil
- 17) Place fries on cookie sheet leaving about the width of a fry between each fry
DO NOT CROWD THE FRIES! If all of the fries do not fit on the cookie sheets, set the remainder aside and cook in batches.
- 18) Brush the fries with olive oil on all sides
- 19) When oven has reached temperature, put the fries in the oven and set a timer for 4 minutes [iv]
- 20) Rotate the cookie sheets counter clockwise one position in the oven and set a timer for 4 minutes [iv]
 - a. Take the bottom-right cookie sheet out of the oven
 - b. Move the bottom-left cookie sheet to bottom-right
 - c. Move the top-left cookie sheet to bottom-left
 - d. Move the top-right cookie sheet to top-left
 - e. Put the cookie sheet that was taken out of the oven in the top-right position
- 21) Rotate the cookie sheets counter clockwise one position in the oven and set a timer for 4 minutes [iv]
- 22) Rotate the cookie sheets counter clockwise one position in the oven and set a timer for 4 minutes [iv]
- 23) Remove the fries from the oven and flip
- 24) Put the pans back in the oven in their original positions, but put the side of the pan that was towards the front of the oven towards the back. Set time for 4 minutes [iv]
- 25) Rotate the cookie sheets counter clockwise one position in the oven and set a timer for 4 minutes [iv]
- 26) Rotate the cookie sheets counter clockwise one position in the oven and set a timer for 4 minutes [iv]
- 27) Rotate the cookie sheets counter clockwise one position in the oven and set a timer for 4 minutes [iv]
- 28) Remove fries from the oven and let sit on cooling racks until they can be handled with bare hands
- 29) Put 2 TBSP of cornstarch in a gallon Ziplock bag
- 30) Shake about 1 handful fries at a time in the cornstarch until they are evenly coated.
Add additional cornstarch to the bag as required
- 31) Knock excess cornstarch off the fries and set aside
- 32) When all fries have been coated, prepare (Qty. 5) 12 in. x 11 in. vacuum seal bags [v]
- 33) Place 1 row of 1 layer of fries in each vacuum seal bag and vacuum seal. Make sure the bag is clean and free of cornstarch, oil, water, etc in the area where the seal will be made

34) Place fries in fridge overnight

35) Fill the deep fryer with you oil of choice (I use peanut oil) and heat to 374 deg. F

36) Deep fry the fries in small batches (DON'T CROWD THE FRIES!!!) for 3 min. Fry in additional increments of 30 seconds until they are done to your liking

37) Drain for 15 seconds then immediately put in a bowl and toss with kosher salt to taste [vi]

38) Place fries on cooling racks and cover with paper towels until all fries are complete

39) Serve and enjoy!

NOTES

- i. Is this absolutely necessary? No, but if you keep track, it will help you to figure out how much you need to buy in the future
- ii. If you do a search on the ol' interwebs for sweet potato fries, you'll find that just about everyone says to cut the fries as uniform as possible. I felt bad about throwing away the too small pieces, so I kept them anyways. Ya know what? It provides a nice little taste and texture difference in the overall scheme of things because the small fries cook faster and get crispier.
I recommend trying to make them uniform, but use everything. If the smaller ones are too done, you can always get rid of them after the fact.
- iii. This was not an original step; this was another case of me starting too late or getting distracted by a shiny object. I think it worked out well, so I kept it.
- iv. You can reduce or increase this cook time to match your preferred doneness. These times produce some charring (which I like).
- v. The number of bags you need depends on the amount of fries you need to bag, so adjust accordingly
- vi. It is important to add the salt while the fries are still hot so the salt sticks to the fries

PICTURES









