



Chef John's Patatas Bravas



Vegetarian



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



763 kcal

SIDE DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 1 pinch cayenne pepper to taste
- ☐ 1 clove garlic minced to taste
- ☐ 0.5 teaspoon ground chipotle peppers
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 cup mayonnaise
- ☐ 0.5 teaspoon paprika

- ☐ 2 pounds russet potatoes peeled cut into 1-inch cubes
- ☐ 1 tablespoon salt
- ☐ 1 tablespoon sherry vinegar to taste
- ☐ 1 teaspoon paprika smoked
- ☐ 1 teaspoon tomato paste
- ☐ 2 cups vegetable oil for frying
- ☐ 2 quarts water cold

Equipment

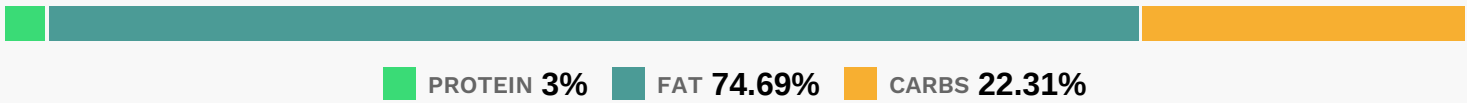
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ knife
- ☐ wire rack
- ☐ mortar and pestle
- ☐ dutch oven

Directions

- ☐ Combine garlic, 1/2 teaspoon smoked paprika, and a pinch of salt in a mortar and pestle or food processor; process until smooth.
- ☐ Mix in mayonnaise, sherry vinegar, tomato paste, 1/4 teaspoon chipotle chile powder, and cayenne pepper until combined. Cover and refrigerate dipping sauce.
- ☐ Mix 1 tablespoon salt, black pepper, 1/2 teaspoon smoked paprika, and 1/2 teaspoon chipotle chile powder together in a small bowl. Set spice blend aside.
- ☐ Pour water into a large saucepan and stir 1 tablespoon salt, 1 teaspoon smoked paprika, cumin, and bay leaves into water. Bring to a boil, reduce heat to low, and cover; simmer for 10 minutes.

- ☐ Stir potatoes into water–paprika mixture, bring to a boil, and simmer until potatoes are tender but not fully cooked, 4 to 5 minutes. The tip of a paring knife should easily insert into the center of a potato cube.
- ☐ Drain potatoes and transfer to a wire rack to cool completely, about 45 minutes.
- ☐ Heat vegetable oil in a large cast iron skillet or Dutch oven to 350 degrees F (175 degrees C).
- ☐ Add cooled potato cubes and cook, stirring frequently, until golden brown, 5 to 6 minutes.
- ☐ Transfer potatoes to a baking sheet lined with paper towels to cool slightly. Toss in a bowl with spice blend and serve with dipping sauce.

Nutrition Facts



Properties

Glycemic Index:77.19, Glycemic Load:32.63, Inflammation Score:-6, Nutrition Score:16.800869532253%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 762.62kcal (38.13%), Fat: 64.13g (98.66%), Saturated Fat: 9.98g (62.35%), Carbohydrates: 43.11g (14.37%), Net Carbohydrates: 39.51g (14.37%), Sugar: 2.26g (2.52%), Cholesterol: 23.52mg (7.84%), Sodium: 2148.94mg (93.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.79g (11.59%), Vitamin K: 136.69µg (130.19%), Vitamin B6: 0.82mg (41%), Potassium: 1007.11mg (28.77%), Vitamin E: 3.95mg (26.35%), Manganese: 0.45mg (22.42%), Copper: 0.34mg (17.13%), Vitamin C: 13.6mg (16.48%), Magnesium: 62.16mg (15.54%), Iron: 2.7mg (15%), Phosphorus: 144.57mg (14.46%), Fiber: 3.6g (14.4%), Vitamin B1: 0.2mg (13.33%), Vitamin B3: 2.5mg (12.52%), Vitamin A: 452.23IU (9.04%), Folate: 35.33µg (8.83%), Vitamin B5: 0.81mg (8.08%), Calcium: 59.3mg (5.93%), Vitamin B2: 0.1mg (5.9%), Zinc: 0.87mg (5.83%), Selenium: 2.47µg (3.54%), Vitamin B12: 0.07µg (1.12%)