



French Fries

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



105 min.

SERVINGS



4

CALORIES



995 kcal

SIDE DISH

Ingredients

- 4 servings kosher salt
- 2.5 pounds baking potatoes (4 medium)
- 8 cups vegetable oil

Equipment

- bowl
- baking sheet
- paper towels
- wire rack

- sieve
- kitchen towels
- slotted spoon
- dutch oven
- tongs
- colander
- skimmer
- candy thermometer

Directions

- Peel the potatoes and cut them lengthwise into 1/4-inch-thick slices.
- Cut each slice lengthwise into 1/4-inch-thick sticks.
- Place in a large bowl and cover with cold water. Refrigerate for at least 30 minutes or up to 2 days. Fit 2 baking sheets with wire racks and set them aside.
- Place the oil in a Dutch oven or a large, heavy-bottomed pot.
- Heat over medium-high heat until it reaches 300°F on a deep-frying/candy thermometer. Meanwhile, line a work surface with a clean, lint-free kitchen towel or paper towels. Using tongs or your hands, lift the potato sticks out of the water and shake off any excess liquid. (Do not drain the potatoes in a colander or strainer.)
- Place the potatoes in a single layer on the towel(s). Pat very dry with additional towels and place the potatoes on one of the wire racks in a single layer (you may have to arrange a few in a double layer). Working with a handful at a time, carefully drop the potatoes into the hot oil with your hands, a slotted spoon, or a spider skimmer and fry until just limp but not browned, about 4 to 6 minutes. Using a slotted spoon or spider, transfer the potatoes to the second wire rack in a single layer. Repeat with the remaining potatoes, letting the oil return to 300°F between batches.
- Let the fries cool to room temperature, at least 10 minutes.
- Heat the oil to 375°F. Working with a handful at a time, add the partially cooked fries to the oil and fry until golden brown and cooked through, about 2 minutes per batch. Using a slotted spoon or spider, transfer the fries to the now-empty first wire rack. While still hot, season each batch generously with salt. Repeat with the remaining fries, letting the oil return to 375°F between batches, and serve immediately.

Nutrition Facts

PROTEIN 2.39% FAT 77.44% CARBS 20.17%

Properties

Glycemic Index:21.19, Glycemic Load:40.29, Inflammation Score:-7, Nutrition Score:17.920000052808%

Nutrients (% of daily need)

Calories: 994.81kcal (49.74%), Fat: 87.43g (134.5%), Saturated Fat: 13.37g (83.58%), Carbohydrates: 51.23g (17.08%), Net Carbohydrates: 47.54g (17.29%), Sugar: 1.76g (1.95%), Cholesterol: 0mg (0%), Sodium: 207.96mg (9.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.13%), Vitamin K: 165.46µg (157.58%), Vitamin B6: 0.98mg (48.9%), Vitamin E: 7.16mg (47.74%), Potassium: 1182.22mg (33.78%), Manganese: 0.45mg (22.28%), Vitamin C: 16.16mg (19.59%), Magnesium: 65.21mg (16.3%), Phosphorus: 155.92mg (15.59%), Vitamin B1: 0.23mg (15.5%), Fiber: 3.69g (14.74%), Vitamin B3: 2.93mg (14.67%), Copper: 0.29mg (14.61%), Iron: 2.46mg (13.65%), Folate: 39.69µg (9.92%), Vitamin B5: 0.85mg (8.53%), Vitamin B2: 0.09mg (5.5%), Zinc: 0.82mg (5.48%), Calcium: 36.97mg (3.7%), Selenium: 1.13µg (1.62%)