



Fried Fingerling Potatoes with Tarragon Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



76 kcal

SIDE DISH

Ingredients

- ☐ 12 servings pepper black freshly ground
- ☐ 1.5 tablespoons capers dry drained
- ☐ 12 servings sea salt
- ☐ 1 large egg yolk room temperature
- ☐ 1 pound fingerling potatoes
- ☐ 0.5 teaspoon tarragon fresh finely chopped
- ☐ 12 servings vegetable oil for frying
- ☐ 0.3 cup kosher salt

- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 1 tablespoon shallots finely chopped

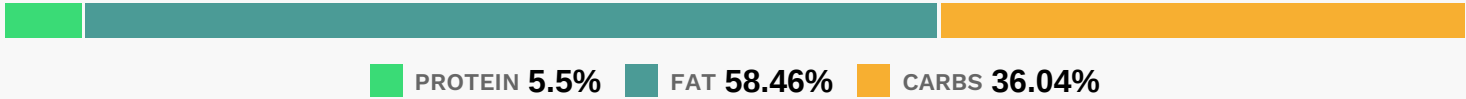
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Bring potatoes, 1/4 cup kosher salt, and 8 cups water to a boil in a large saucepan and cook until potatoes are tender, about 12 minutes.
- ☐ Drain; let cool completely. Halve potatoes lengthwise. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- ☐ Whisk egg yolk, lemon juice, and a pinch of sea salt in a small bowl. Gradually whisk in 1/2 cup olive oil until mayonnaise forms. Stir in shallot and tarragon. Season to taste with pepper. DO AHEAD: Can be made 4 hours ahead. Cover and chill.
- ☐ Heat remaining 1 1/2 teaspoons olive oil in a small skillet over medium-high heat.
- ☐ Add capers and fry, stirring often, until crisp and golden, 2–3 minutes. Using a slotted spoon, transfer capers to paper towels to drain. DO AHEAD: Can be made 4 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Pour vegetable oil into a large pot to a depth of 2". Attach a deep-fry thermometer to side of pot.
- ☐ Heat oil over medium heat until thermometer registers 375°F. Working in batches, fry potatoes until crisp and dark golden brown, 3–4 minutes.
- ☐ Drain on paper towels. Season lightly with sea salt.
- ☐ Arrange warm potatoes on a platter, cut side up. Spoon some mayonnaise over each; sprinkle with capers.

Nutrition Facts



Properties

Glycemic Index:17.98, Glycemic Load:4.91, Inflammation Score:-1, Nutrition Score:2.7665217324443%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 75.75kcal (3.79%), Fat: 5.03g (7.74%), Saturated Fat: 0.83g (5.16%), Carbohydrates: 6.98g (2.33%), Net Carbohydrates: 6.05g (2.2%), Sugar: 0.38g (0.43%), Cholesterol: 15.3mg (5.1%), Sodium: 2582.42mg (112.28%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 1.06g (2.13%), Vitamin C: 7.76mg (9.4%), Vitamin K: 7.38µg (7.03%), Vitamin B6: 0.12mg (6.1%), Potassium: 168.68mg (4.82%), Manganese: 0.09mg (4.39%), Fiber: 0.92g (3.69%), Vitamin E: 0.54mg (3.6%), Phosphorus: 28.12mg (2.81%), Copper: 0.05mg (2.52%), Magnesium: 9.82mg (2.46%), Iron: 0.43mg (2.39%), Vitamin B1: 0.03mg (2.26%), Folate: 8.96µg (2.24%), Vitamin B3: 0.42mg (2.08%), Vitamin B5: 0.16mg (1.59%), Selenium: 0.94µg (1.35%), Vitamin B2: 0.02mg (1.32%), Zinc: 0.16mg (1.07%), Calcium: 10.09mg (1.01%)