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日期:Dec.23 2006

## BISTRO FRIES

### SEASONINGS

Salt 1:1

parmesan cheese 2:1

thyme (百里香) 4:1

chopped fresh parsley 2:1

freshly ground black and green pepper 1:1

grinded white sesame 4:1

或日本七味粉

1. Pour oil in a deep fryer or heavy saucepan to reach halfway up the sides of the pan.
2. Heat to 325 degrees F, use a deep fry thermometer to determine this.
3. While the oil is heating, cut sweet potatoes into French fries style or chips style.
4. As you go, place the cut potatoes in a bowl of ice water to release some of the starch and to keep them from browning.
5. Dry the potato strips thoroughly, this will keep the oil from splattering.
6. Fry the potatoes in batches so the pan isn't crowded and the oil temperature does not plummet.
7. Cook for 3 minutes until they are soft but not browned.
8. Remove the potatoes with a long-handled metal strainer and drain on brown paper bags.
9. Bring oil temperature up to 375 degrees F.
10. Return the par-fried potatoes to the oil in batches and cook a second time for 4 minutes until golden and crispy.
11. Drain on fresh brown paper bags then in a mixing bowl, mix the seasonings together.
12. Place the fries in a serving bowl lined with paper towels and serve immediately.