

# SCRATCH FRENCH FRIES

F EASY

PREP: 15 Min  
COOK: 15 Min  
AIR FRYER: 375

VEGETABLES

**MAKES 4 SERVINGS**

QUA	MEASURE	INGREDIENT	PROCESS
2	Large	Starchy Potatoes (Idaho / Russet)	1/4" Sticks
1 +/-	Pinches	Sea Salt	To Taste

## PREPARATION

<b>FACTOID</b>	Fast, fast, FAST! Wonderful Carnival-Style French Fries, crispy outside & soft inside. If you own a French Fry Cutter, you've got it made, if not, you're still good to go..
<b>TOOLS</b>	1) French Fry Cutter Or 2) Sharp Knife 3) Spritzer Bottle With Any Oil You Like Inside (I prefer Olive Oil).
<b>PREP</b>	<b>DISH</b> 1) Scrub & Rinse the unpeeled Potatoes, dry with paper towels & set them aside.
<b>1</b>	<b>CUTTER:</b> Run the Potatoes through the Cutter. Immediately soak the Sticks in heavily salted water for 10 minutes.
<b>2</b>	<b>NO CUTTER:</b> Cut the Potatoes in half lengthwise. Lay the cut side down and cut into 1/4" wide strips. Cut the strips into 1/4" X 1/4" sticks. Immediately soak the Sticks in heavily salted water for 10 minutes.
<b>3</b>	Set the Air Fryer temperature to 375 degrees F.
<b>4</b>	Preheat the Fryer for 5 minutes.
<b>5</b>	Meanwhile, drain the Potatoes and pat the sticks as dry as possible with paper towels.
<b>6</b>	Spray the Fryer Basket with Pam Cooking Oil Spray.
<b>NOTE</b>	Spritzing Air Fried foods with Oil before frying them adds VERY few calories, but imparts both a tremendous amount of flavor and a golden brown color.
<b>7</b>	Pile the Fries in the Basket and spritz the tops with Oil.
<b>8</b>	Insert the Basket and Air Fry for 5 minutes
<b>9</b>	Shake the Basket, spritz the tops lightly again with Oil.
<b>10</b>	Air Fry for another 5 minutes
<b>11</b>	Shake the Basket.
<b>12</b>	Air Fry for a final 5 minutes
<b>SERVE</b>	Dump the Fries on a Serving Platter, Sprinkle with Sea Salt and Serve while hot.

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