

SWEET POTATO FRENCH FRIES

F EASY

Last Modified: 12/10/2014

PREP: 15 Min
COOK: 15 Min
STOVETOP & OVEN 375

VEGETABLES

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	Pounds	Sweet Potatoes (Peeled, Cut into 1/4" x 1/4" Fries)	
6	Cups	Peanut Oil (LouAna) For Frying	

CORN STARCH BATTER			
1	Cup	Corn Starch	
3/4	Cup	Club Soda (Canada Dry)	COLD

SEASONING MIX			
1	Tsp	Kosher Salt	
1/2	Tsp	Garlic Powder	
1/2	Tsp	Smoked Paprika	
1/8	Tsp	Granulated Sugar	

PREPARATION	
FACTOID	Sweet and crispy Sweet Potato French Fries. Make enough to share, but don't do it.
TOOLS	1) Large Mixing Bowl 2) Small Mixing Bowl 3) Dutch Oven OR Deep Fryer 4) Deep Frying Thermometer 5) Aluminum Half Sheet Pan 6) Wire Rack
CAUTION	The thicker these are cut, the "soggier" they will become. Slice into NO THICKER than 1/4" sticks. See: Recipe: Sweet Potato Steak House Fries for a method to fix soggy.
PREP	DISH 1) Peel & slice the Sweet Potatoes into 1/4" x 1/4" Fries.
1	Heat the Peanut Oil to 375 degrees in a dutch oven or deep fryer. Preheat the oven to 200 degrees with the sheet pan inside to pre-heat it.
2	SEASONING MIX: Mix the Salt, Garlic Powder, Paprika and Sugar together in a small mixing bowl and set it aside.
3	CORN STARCH BATTER: In a large mixing bowl, whisk the Corn Starch and Club Soda Together. In small batches, stir the Sweet Potatoes in the Batter Mix so they are evenly coated, allowing any excess to drip off and separate them on a wire rack over paper towels. Repeat with rest of the Sweet Potatoes.
4	Deep fry half of the Sweet Potatoes, stirring them occasionally until they are golden brown and crispy, 6 to 8 minutes. Use 2 forks to separate any that are stuck together. Remove them from the Oil and place them on the warmed baking sheet on paper towels. Sprinkle them generously with the Seasoning Mix and place them back in the oven to keep them hot. Repeat with the remaining half of the Sweet Potatoes.
SERVE	Serve while hot with a bit of Malt Vinegar on the side.

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