



LIGHT

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DARK

HOW TO FRY PERFECT FRESH-CUT FRENCH FRIES USING IDAHO[®] POTATOES

Tips

FOR FRYING PERFECT FRESH-CUT FRENCH FRIES USING IDAHO[®] POTATOES

1. Wash and scrub the skin-on potatoes well, and allow to air-dry in single layers on the sheet pans.
2. Using a wall mount or sturdy french fry cutter, cut the potatoes into the desired strips, leaving skins on. These cut potatoes may then be placed in a large plastic bucket and rinsed with cold water until the excess starch and sugars are removed. Add water to the cut potatoes, and place container in walk-in refrigerator. Use within 24 hours.
3. Remove cut potatoes from water, spin dry with a salad spinner, or allow to drain on a screen before placing the cut potatoes into the fryer.
4. Blanch or partially cook the fries (to keep the potatoes from oxidizing and turning dark) in a 300-325° F fryer for 2-3 minutes. Remove potatoes from the fryer and drain. Allow fries to cool to room temperature before the final fry. Fries should be pliable and bendable. Then, chill in plastic tubs in the walk-in before the final fry.
5. Finish fries off in the fryer at 350-375° F for 3-4 minutes until golden brown and fully cooked. Remove and drain well.
6. After removing from the oil and draining, season with salt. Do not season over hot oil.

GENERAL FRY Suggestions

- To preserve the potato taste, dedicate a specific fryer to french fries.
- Fry at 350° F.
- Fill fry baskets only half full. (Better oil circulation results in crisper fries.)
- In a two-fry container, fry only one basket of fries at a time. (Attempting to fry two baskets of potatoes at once will drop the oil temperature, resulting in soggy fries.)
- Place finished fries on a screen to drain away excess oil.
- Frequently skim excess particles out of the oil. Clean oil often.
- For the best quality, use only Idaho[®] potatoes, because they average 21% solids content with less moisture.



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