

# French Fries

## Ingredients

- 5-10 pounds potatoes (Russets for classic crunch, or mix in Yukon Golds/reds)
- Cold water (enough to cover slices, about 8-10 cups per batch)
- For cooking (per serving): 1-2 tsp olive or avocado oil, salt/pepper/seasoning to taste



## Directions

### Prep the Potatoes

1. Wash and Peel: Rinse potatoes under cool water, peel skins, trimming any bad areas.
2. Slice: Cut into your preferred fry shape: thick steak fries (1/4-1/2 inch wide) for heartiness, or thinner for extra crisp. Drop slices into a large bowl of cold water as you go to prevent browning.
3. Soak: Cover slices completely with cold water. Let sit 2-24 hours in a cool spot (fridge if needed). This removes starch for better crispiness. Drain and rinse if desired.
4. Dry: Spread on layered towels (bath towel base, tea towels on top). Pat dry thoroughly. No drips means no ice crystals!
5. Flash Freeze: Arrange in a single layer on parchment-lined baking sheets. Freeze 12-24 hours until solid. Transfer to labeled freezer bags; store up to 6 months.

### To Cook: Air Fryer Magic

1. Preheat air fryer to 375°F. Dump 1-2 cups frozen fries (per person) into a bowl.
2. Drizzle with 1-2 tsp oil; toss with half your seasoning.
3. Spread on tray; sprinkle remaining seasoning. Air fry 15-20 minutes, shaking every 5 minutes, until golden and crisp.

### Notes

- Variations: Sweet potato fries? Same steps, season with cinnamon-sugar. Oven bake at 425°F for 25-30 min on a wire rack.
- Tips: Skip soaking? Risk gummy fries. Dry well to avoid clumping. Gluten-free and customizable!
- Storage: Cook from frozen—no thaw. Double-bag for longer life.