**Spicy-Chili Baked Fries**

Serves 2-3 people

1 large russet potato, scrubbed or peeled, cut into ¼“(5-7 mm) thick fries

 **- Uniform thickness will result in more even cooking**

15 mL vegetable oil

15 mL tomato-vegetable juice cocktail

4-5 mL chilli powder

**![C:\Users\Vint\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\DEZPK0J2\MC900391608[1].wmf]()**1-2 mL ground cumin

2-3 mL dried onion granules

1-2 mL garlic powder

1-2 mL cayenne pepper

1-2 mL sugar

3-4 mL salt

1. Preheat oven to 400°F (200C).
2. Grease a baking sheet with shortening.
3. Fill a large bowl with cold water. Add the cut potatoes and allow them to soak for a few minutes.
4. With a fork, whisk together the oil, vegetable juice cocktail, spices and sugar.
5. Rinse and drain the potatoes. Pat dry with paper towels.
6. Toss the potatoes with the oil and spice mixture. Stir until evenly coated.
7. Arrange fries in a single layer on the prepared baking sheet.
8. Bake fries in preheated oven for 15 minutes. Turn and continue to bake until fork tender, about 10-15 additional minutes.
9. To add extra “crispiness,” finish under the broiler for about 5 minutes on each side or until browned and crispy. Make sure oven rack is in upper position and leave oven door open slightly.

Adapted from the recipe “Spicy Chili French Fries” submitted to allrecipes.com by Sasha’s Catering

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