Foods 10 – 2012

Baked French (not from France) Fries

(one recipe per unit)

**![C:\Documents and Settings\mv12438\Local Settings\Temporary Internet Files\Content.IE5\RBW2YPY4\MC900391608[1].wmf]()INGREDIENTS:**

2-3 baking (russet) potatoes

25-30 mL olive oil

5-10 mL lemon juice

**\*OPTIONAL\*** - Don’t use too much or too many together – **maximum 5 mL** of any one spice. Overuse of chilli powder will not make fries extra-spicy, but will make them bitter tasting. Instead, ask for a few drops of hot sauce or some hot pepper powder.

* Salt/pepper
* ![C:\Documents and Settings\mv12438\Local Settings\Temporary Internet Files\Content.IE5\0UTDM41U\MC900019514[1].wmf]()Paprika
* Garlic powder
* Onion powder
* Chilli powder

**METHOD:**

1. Position oven rack in the centre and **preheat** oven to 450 ºF (230ºC if your home oven is metric).
2. **Lightly** grease a baking sheet with shortening.
3. Stir lemon juice into a large mixing bowl filled 2/3 full with cold water.
4. Mix olive oil with optional spices.
5. Scrub or peel (optional) your potatoes and cut them into wedges or strips (“batons”). Thinner (like McDonalds) will bake faster. As you cut them, put potatoes in the lemon water to prevent browning.
6. After all potatoes have been cut, drain them in a colander and pat dry with paper towel.
7. Toss potatoes in oil/spice mixture to coat and spread them out in a single layer on the pan.
8. Bake for 30-35 minutes (flip fries halfway through) until golden brown.
9. Transfer to plate(s) and serve with ketchup and/or mayo. Plain is also good.

We all know that French fries aren't really French, so why do we call them as such? *Do you know?*

In America, we call most forms of sliced potato which is then cooked by almost any method... a French fry. Other parts of the world, most notably Europe, the term French fry is used only to describe the thinly sliced style of fries (think McDonalds vs. Red Robin... yum). The thicker cut fries (or as some may know them as steak fries) are typically called chips, which are pan fried in a skillet like the photo above.

![C:\Documents and Settings\mv12438\Local Settings\Temporary Internet Files\Content.IE5\0UTDM41U\MC900323144[1].wmf]()In French, 'frite' is used to denote the process of deep frying a food, but in America when we say 'fried' it can mean anything from pan frying to sautéing or even full out deep frying. So by adding the word French before our fry it denotes what type of fried potato product we're actually talking about. Skinny and deep fried vs. fat and pan fried.

Who knew the potato was so complicated? All we know is that they're extra tasty!

Source: <http://www.thekitchn.com/why-french-fries-arent-french-128202>