

SWEET POTATO STEAK HOUSE FRIES

F EASY

Last Modified: 02/14/2015

PREP: 15 Min
COOK: 15 Min
STOVETOP & OVEN 200

VEGETABLES

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	Pounds	Sweet Potatoes (Peeled, Cut into 3/4" Wedges)	
1 +/-	Pinches	Coarse Kosher Salt	To Taste
3	Cups	Peanut Oil (LouAna) For Frying	
1	Tbsp	Fresh Italian Parsley Leaves	Minced

CORN STARCH SLURRY

1/2	Cup	Corn Starch	
1/2	Cup	Water	COLD

BLANCHING LIQUID

2	Quarts	Water	
1/4	Cup	Kosher Salt	
1	Tsp	Baking Soda	

SPICY MAYONNAISE

6	Tbsp	Mayonnaise (Hellmann's)	
1	Tbsp	Sambal Olek (NOT Bajak)	
OR			
1	Tbsp	Sriracha Hot Chili Sauce (Huy Fong)	
2	Tsp	Distilled White Vinegar (Heinz)	

PREPARATION

CAUTION	Deep frying Sweet Potato Fries like they are Russet Potatoes will result in a greasy, soggy NASTY Fry. The reason is that Sweet Potatoes contain more Water, Sugar and less Starch than Russet Potatoes do. This recipe addresses that problem.
FACTOID	A VERY crunchy exterior with a Buttery, creamy inner texture. A positive side effect is that due to their increased Water content, they will absorb a LOT less frying Oil than ordinary Starchy Potato Fries do.
TOOLS	<ol style="list-style-type: none"> 1) Large Mixing Bowl 2) Small Fancy Serving Bowl 3) Dutch Oven 4) Large Non-Stick Skillet 5) Deep Frying Thermometer 6) Aluminum Half Sheet Pan & Wire Rack 7) Spider Strainer
PREP	DISH
	1) Mince the Parsley Leaves and set them aside.
1	Peel and slice the Sweet Potatoes into roughly 3/4 inch wide wedges.
2	Preheat the oven to 200 degrees with the sheet pan inside to pre-heat it.

SWEET POTATO STEAK HOUSE FRIES

3	In a dutch oven over medium high heat, add in the Water and as soon as it comes up to a simmer, whisk in the Kosher Salt and Baking Soda until they are dissolved. When the mixture comes to a boil, add in the Sweet Potato Wedges. When the Potatoes return to a boil, Cook them for an additional 3 to 5 minutes or until you will see an Orange scum appear on top.
4	CORN STARCH SLURRY: In a large mixing bowl, whisk the Corn Starch and Water together until it is smooth.
5	Turn off the heat. Using a wire spider strainer, remove the Fries and dump them a scoop at a time into the Cornstarch Slurry and gently stir to coat them evenly, being careful to not break them apart too badly.
6	In a large non-stick skillet over medium high heat, bring the Peanut Oil to 325 degrees. Fry the wedges in small batches in a single layer (NOT touching) until they are nicely browned, about 7 minutes, turning as needed.
7	Remove the Wedges to a wire rack in the warmed sheet pan lined with paper towels. Sprinkle them generously with Kosher Salt. Transfer them back into the oven to keep them warm while the remainder is fried. As soon as the Oil returns to 325 Degrees, fry another batch and repeat until all are done.
8	SPICY MAYONNAISE: Mix the Mayonnaise, Hot Sauce and Vinegar together in a small fancy serving bowl and set it aside.
SERVE	Sprinkle with the Parsley and serve while hot with the Spicy Mayonnaise Sauce on the side.