



POMME FRITES

INGREDIENTS

Floury/starchy potatoes (the amount will depend on how many fries you want to make).

Deep frying fat or oil (beef tallow is recommended).

Salt, for seasoning.

MISE EN PLACE

Peel and cut the potatoes using a knife or potato chipper/cutter.

- For skinny fries (pomme allumettes): Cut to 0.5 cm thickness (McDonald-style)
- For standard fries (pomme frites): Cut to 1 cm thickness.
- For chunky fries (pomme Pont Neuf): Cut to 1.5 cm thickness.

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METHOD

Place the fries in a bowl of icy water and let them soak for at least 30 minutes. When you're ready to go, remove the fries from the water and pat them dry. First, blanch the fries in the deep fryer at 140-150 °C for 8 minutes. Then, remove them and lay them flat on a large tray. Let them rest for 20 minutes to an hour before the second round of frying.

When ready to serve, raise the fryer temperature to 180 °C and cook the fries for 3-4 minutes (depending on how golden you want your fries to be). Transfer them to a tray lined with kitchen paper to absorb excess oil.

Transfer the fries to a large bowl and toss them with salt or other dry seasoning of your choice. Always serve them piping hot and enjoy!

Tips

- For skinny fries, blanch for a maximum of 6 minutes; for chunky fries, blanch for 15 minutes.
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- Some chefs blanch fries by briefly boiling them in water mixed with a few drops of vinegar instead of using oil.