



JERNEJ KITCHEN

FRIED POTATOES

Every bite represents the perfect indulgence, that our soul and body need from time to time.

SERVES	4	PEOPLE
PREPARATION:	60	MINUTES
COOKING:	60	MINUTES

FRIED POTATOES

1500 g potatoes, Russet if possible

40 g salt

25 g sugar

750 ml sunflower oil

TOOLS AND EQUIPEMENT

peeler

container / pot

paper towels

digital cooking thermometer

colander

BRINE

In a large container or in a pot mix together 2 litres of cold water with salt and sugar, stir well, so that the sugar and salt dissolve completely. Peel the potatoes. Cut peeled potatoes into slices 15 mm / 0.6 inch thick. Place them in a brine. Set aside for 40 minutes.

TIP

Brine is a solution of water and salt, used for preserving foods, in this case the brine helps to detain the starch in the potato, so it stays firm and crispy.

Turn the heat on to high, and bring the water to a boil in another pot. Meanwhile, drain off the brine and place the potatoes into a boiling water. Lower the heat and let it simmer slowly for 10 - 12 minutes. Drain the potatoes well and blot with paper towels to dry them, let the potatoes to cool and dry.

TIP

When you put the potatoes aside to cool, they should not touch each other, because they will glue together.

FRYING

Heat a large pot, filled with oil to 130 °C / 266 °F. Fry them in three batches, using a strainer gently place them in the hot oil. Fry each batch for about 8 minutes, they should be firm and golden. Lay them out on a tray, lined with a paper towel, let them cool and dry.

TIP

Fry the fries in three batches, so they are all fried on the same temperature, this way, they will all be fried equally and stay crispy on the outside and tender on the inside.

FRYING

Heat the same pot, filled with the same oil once again, this time to 190 °C / 375 °F. Once again fry the potatoes in three batches, using a strainer gently place them in the hot oil. Fry again for 5 - 7 minutes.

TIP

It is important to fry the potatoes twice so they are completely cooked. In the first stage we get the tender inside and on the other stage we get the crispy outside. Double win.

SERVE

Drain the potatoes on paper towels to remove any excess oil. This will prevent them of becoming greasy as the potatoes cool. Season to taste.