



Eat & Greet

RECIPES



CHUNKY TRIPLE-COOKED CHIPS



INGREDIENTS

1kg Agria potatoes (large)

1 tsp salt (table)

1 tsp baking soda

Vegetable oil

Sea salt



This recipe takes a couple of days to prepare, but once the chips are at the last stage they can last a few days. This makes one large portion or two small ones.

To start, wash your potatoes well. Cut them length ways into 1cm square chips. (try and keep them all the same size, so when you cook them they take the same amount of time). Wash them well under running water for a few minutes to get rid of the starch. (can cover them with water and leave them in the fridge until you are ready for the next if needed, up to two days)

Bring a big pot of water to the boil (around 5 litres is good). Once boiling, add the table salt and baking soda. Blanch the chips for 9-10 mins (until the chip is soft and just starting to crack on the outside. This is so when you cook in the oil the oil can get into the cracks the you get more crunch).

Take out of the water and allow to cool for 10 minutes before you put them in the fridge uncovered. Leave them to get cold and dry out in the fridge. 1-2 hours or even overnight. The drier the better.

This will be the tricky part if you don't have a deep fry. Heat enough oil to be able to put all the chips into, in a large pot. When it reaches somewhere between 120°C-140°C, add the chips carefully and cook for 10 minutes. Take out of the oil and drain well. Put into fridge once again and allow to cool and dry.

Re-heat the oil this time to 170°C-180°C. Cook the chips one final time until they are golden and crispy (somewhere between 5-10 mins). Drain well then put into a bowl and add sea salt.

Eat!

If that seems like too much trouble, try blanching potatoes and then cooling. Then roast them in the oven in and tray with oil and salt. Heat the oil in the tray in the oven before adding the potatoes. Roast for 45 minutes or until crispy.

