

Sweet potato Fries

INGREDIENTS

2 Sweet potatoes

Salt

Olive oil

Additional:

Dill

Chilli flakes

Garlic

Paprika



METHOD

Slice sweet potato into desired shape.

(Thin round slices for crispy fries, strips for more traditional fries).

Par boil slices in salted water for 2 - 8 minutes, depending in thickness.

Drain well on kitchen towel.

Heat oil (olive oil) in a pan on medium heat. Fry slices until golden brown. Take care as the thin slices can burn easily.

Remove from oil, drain on kitchen towel and sprinkle with salt. You can also add paprika, chilli flakes, dill or garlic.

Alternatively, bake par boiled fries in oven at 180C for 15 - 20 minutes, turn often.



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