

THE PERFECT HOMEMADE FRIES

Easy, three ingredient fries that rival their deep fried competitors. You can scale the recipe up, but I recommend using the oven over the air fryer if you are cooking more than 2 potatoes worth of fries. This recipe can also contain as much salt as you want. I love salty fries so I add a vigorous pinch, but you can add just a light sprinkle if you are avoiding sodium. Either way you cook the fries, pull them from the oven when they are golden and crisp according to your liking.

Ingredients

- ~ 1 large russet potatoes, washed, cut into 1/2 inch fries
- ~ Vegetable oil spray (I use organic avocado oil spray, which is good at high temperatures and has healthy fats)
- ~ Sea Salt (or your favorite salt based spice blend)

Directions

- 1) Place potato fries in a large bowl of ice water. Let sit for at least 1 hour or up to overnight in the fridge (the longer the better).
- 2) Dry the fries on kitchen towels to get off all the moisture.
- 3) Return the fries to the bowl, spray with avocado oil until evenly coated, turning them a few times. Sprinkle with the amount of salt or salt seasoning you desire (you can always spray the fries again later and add more salt if you want them saltier).

Air Fryer Baking Directions

- 1) Add the fries to the fryer basket, with a small amount of space between each fry (you may have to do 2 batches, depending on the size of your fryer). (You do not need to preheat the fryer).
- 2) Bake for 20 minutes at 400 F, turning fries after 10 minutes. You can spray and/ or add more salt to the fries when you turn them if you want them extra crispy or salty.

Oven Baking Directions

- 1) Preheat the oven to 425 F. Line a baking sheet with parchment paper or silpats.
- 2) Spread the fries on the baking sheet so there is a little space between each fry.
- 3) Bake for 25-30 minutes, turning the fries over after 15 minutes. You can spray and/ or add more salt to the fries when you turn them if you want them extra crispy or salty. Remove when golden brown and crisp.

Enjoy immediately!