

Betty's Seasoned Hot and Spicy French Fries



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In this video, Betty demonstrates how to make Seasoned Hot and Spicy French Fries. These are great with a grilled steak or burger—also a terrific Super Bowl party dish!

Ingredients:

uncooked white potatoes, peeled and sliced for French fries (I used Russet potatoes, but you may use any type of white potato.)

1 teaspoon salt

cornstarch, as needed

egg wash, made from lightly beating two eggs and adding $\frac{1}{4}$ cup water

spice mix (1 tablespoon seasoned pepper, $\frac{1}{4}$ teaspoon ground cayenne pepper, ground sea salt to taste. You may substitute freshly ground black pepper, if you do not have seasoned pepper.)

fine, dry bread crumbs, as needed

1 inch peanut oil in heavy pot

Place uncooked, sliced potatoes in a pot with enough water to cover them. Add 1 teaspoon salt. Bring to boil over high heat. Reduce heat and cook about 5 minutes, but not until tender. Drain potatoes and rinse with cold water, patting dry with paper towel. Cover potatoes with plastic wrap and refrigerate. When ready to deep fry, assemble the following line-up: 1) Place potatoes on a rack over a tray. 2) Place an adequate amount of cornstarch to coat the potatoes in a bowl beside the potatoes. 3) Make an egg wash by lightly beating 2 eggs and adding $\frac{1}{4}$ cup water. 4) Make spice mix with 1 tablespoon seasoned pepper, $\frac{1}{4}$ teaspoon ground cayenne pepper, and a grinding of sea salt, to taste. 5) Place an adequate amount of fine, dry bread crumbs to cover the potatoes in a shallow bowl at the end of the line-up. Now, sprinkle cornstarch over the potatoes to coat lightly. Dip in egg wash to coat. Sprinkle with spice mix. Cover with fine dry breadcrumbs. Heat 1 inch peanut oil to 350 degrees (F) in a pot on the stove. Drop coated French fries in the hot oil, a few at a time. Use a slotted spoon to separate them and watch them carefully as they turn golden. When they are golden, remove them from the hot oil and place them on a platter that is covered with paper toweling to drain. Repeat, until all seasoned, coated fries are deep fried and drained. Serve immediately, while hot. These are good with Ranch dressing, ketchup, and many other dips—but they are spicy enough that they really don't need an accompanying dip! Enjoy!!! --Betty