

Betty's Sweet Potato Fries



Uploaded on 5 Oct 2010

In this video, Betty demonstrates how to make Sweet Potato Fries. This recipe was inspired by the recent trip that my husband, Rick, and I took to Acres of Land Winery. Rick ordered Sweet Potato Fries to go with his Crab Cake Sandwich. These are sweet potato strips that are deep-fried in oil, and then drained and sprinkled with salt and sugar. They are delicious! If you are not comfortable deep-frying with oil, please do not try this recipe.

Ingredients:

Raw sweet potatoes, peeled and cut into strips like French Fried potatoes. (I used a red variety, but you may also use a white variety.)

Peanut oil for deep-frying (You may use another oil, if you prefer.)

a sprinkling of salt

a sprinkling of sugar

Heat about 1 inch of peanut oil to 350 degrees in a pot over medium heat. With a long, slotted utensil, ease a batch of sweet potato strips into the hot oil. Move the potatoes around in the oil with the utensil as they cook. You may need to adjust the heat throughout the cooking process, because you may have several batches. You will be able to tell when the sweet potatoes are done. If you are not sure, just take one out and let it cool a bit, and then take a bite. It should be tender all the way through. Use a slotted utensil to remove the first batch to a rack or to a tray covered with paper towels. Immediately sprinkle the Sweet Potato Fries with salt, and then with sugar. Repeat this process for as many batches as you have. When you have finished deep-frying, draining, and seasoning the sweet potatoes, move them to a nice serving plate, and serve while hot! These are scrumptious and are a nice alternative to regular French fries as a side dish. I hope you enjoy these Sweet Potato Fries! --Betty ☐