



French fries

10'
Hands on

20''
Hands off

80'
Cook Time

2
Portion(s)

1
Difficulty



Method

Watch the video in sign language [here](#).

- Preheat oven to 180* C (350* F) Fan.
- Wash and scrub the potatoes.
- Spread a generous amount of coarse salt to cover the bottom of a [baking pan](#).
- Add the potatoes, whole.
- Bake for 45 minutes to 1 hour, until they soften. The baking time depends on the size of the potatoes.
- When ready, remove from oven and set aside to cool for 20 minutes.
- Rub the potatoes with your hands to remove any coarse salt stuck to them.
- Transfer to a [cutting board](#) and cut into wedges. The best way to do this is to cut them in half first and then cut each half into 3 wedges.
- Heat a generous amount of oil in a [pan](#), until it reaches 180* C (350* F).
- When ready, carefully add the potatoes in the hot oil.
- Fry until golden and crunchy.
- In a bowl, add some finely chopped rosemary, 2 teaspoons smoked paprika, salt and pepper. Mix.
- Transfer the fries to the bowl using a [spider](#) and toss to coat in the seasoning mixture.
- Check seasoning and serve warm.
- You can also serve with your choice of [meats](#).

Ingredients

- 4 potatoes
- salt, coarse
- 2 teaspoon(s) paprika, smoked
- 4 sprig(s) rosemary, only the leaves, finely chopped
- salt
- pepper
- seed oil, for frying

Διατροφικός πίνακας

Nutrition information per portion

559 Calories (kcal)	22.0 Total Fat (g)	2.8 Saturated Fat (g)	77.0 Total Carbs (g)
28%	31%	14%	30%
4.1 Sugars (g)	8.6 Protein (g)	9.5 Fibre (g)	3.0 Sodium (g)
5%	17%	38%	50%