

Taste is in our nature



Fried potato chips

Serves 4

Homemade chips are not an everyday food but there are some occasions when they are just what's needed, especially if there has been a successful fishing trip!

There are many methods used to fry chips, just as most people have the 'best' way to roast potatoes. It all depends on what you are looking for – thin French-style chips work well with steak and fatter ones with fish, but then, that is just my opinion.

Olive oil produces a healthier chip because the oil, heated to the correct temperature, forms a coating around the chip rather than being absorbed into the potato. Otherwise use good quality sunflower oil.

These instructions are for 'regular' chips. Cooking the chips twice results in crisp chips on the outside with a soft, floury inside.

NEVER EVER leave heating fat or oil unattended.

Allow at least one large potato per person.

INGREDIENTS:

- 4 large potatoes – Kennebec, Russet Burbank, Shepody, Nooksack work well
- oil for deep frying
- salt

DIRECTIONS:

Wash and peel the potatoes.

Cut them into lengths about 1 to 1½ cm thick.

Try to keep them even-sized to ensure even cooking.

Place them in cold water as you cut them to prevent the chips both discolouring and sticking together.

Heat the oil over a medium heat in a deep heavy-based saucepan. Pour in sufficient oil for the chips to be totally covered – between 1 and 2 litres. You may like to cook the chips in a couple of batches, reducing the amount of oil required.

When the oil is hot enough (around 150°C) so that a dry chip dropped in sizzles rather than going straight to the bottom of the pan, the chips can go in. Dry them well in a tea towel or with paper towel before they go in the fat. Water and hot oil don't mix well!

Cook the chips until they are golden and remove with a slotted spoon or tongs and place them on kitchen paper to drain.

For a really crisp finish, heat the oil to a higher heat – about 185°C – place the chips back into the oil for just a couple of minutes to crisp up and become more golden.

Remove and drain, then salt and serve immediately.

TURN OFF THE OIL.

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*Tassie potatoes
are bursting with
potatoneess*