



Brandon Rodgers'

James Beard Nominated
Best Chef of California

Recipe

HAND CUT FRENCH FRIES

(GOOD WITH ANYTHING!)

Brandt Beef Recipe Collection





Recipe

HAND CUT FRENCH FRIES GOOD WITH ANYTHING!



INGREDIENTS:

- 6 Russet Potatoes – grade No. 1 (peeled, held in water)
- 4L. (135oz) Brandt Beef Tallow
- Kosher salt
- Optional: Aged Parmesan Cheese piece

EQUIPMENT:

- Fry pot (roughly 8qt.)
- Spider strainer
- Thermometer for fryer
- Sheet tray with rack
- Microplane

TECHNIQUE:

- Cut potatoes in half lengthwise.
- Lay the potato down on a cutting board flat side down.
- Slice potato lengthwise a ¼" thick.
- Lay the slices down on a cutting board flat side down and flat side facing to the right.
- Slice the potato ¼" thick into "sticks". At the rounded edges and tips of potato leave it rounded, do not square it off. Leave it in a natural shape.
- Place cut potato in water so that it does not oxidize until all the cutting is done.

WATER BLANCH:

- Once the cutting is done, place the sticks in a pot.
- Cover with enough water to cover and surpass the sticks by roughly 3".
- Bring the water to a boil.
- Strain sticks in a colander and rinse thoroughly under running cold water.



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BLANCH:

- Prepare a fry pot with 4L tallow and preheat to 300°F.
- Take two handfuls of French fries and place carefully into the pot.
- Temperature should drop to 225°F. Maintain 225°F for 5-7 minutes.
- Using a spider strainer, remove fries and place on a sheet pan with a rack.
- Continue this step with the remaining cut fries.
- Hold at room temperature until ready to fry OR let cool to room temperature, place in an airtight container, and put in the fridge for the next day.

FRY:

- Preheat tallow to 400°F.
- Drop two handfuls of fries into the pot and oil should drop to 350°F.
- Maintain 350°F until golden brown and crispy.
- Drain into a bowl that is lined with a paper towel.
- Season with salt.
- **OPTIONAL** to microplane a piece of aged Parmesan over the top of the French fries.

Notes:

- *The water blanch helps to extract the starch and gelatinize the starch, creating a shell for your French fry.*
- *The tallow blanch fully cooks the French fry and evaporates the moisture so that when you fry it at a hotter temperature you are able to create a crispy shell and fluffy inside instead of a wet soggy French fry.*
- *The fry gets it crispy and hot!*



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