

# HOW TO MAKE *perfect* IDAHO® POTATO FROZEN FRIES

## FIRST STEPS

**KNOW YOUR GRADES** The cheapest fry is called “line flow” and does not have the fry length to make the best presentation. Shorter fries typically take more to fill a container, and can require more oil. A premium-length, high-solids fry can often end up having better yields and more consistency.

**KNOW YOUR OILS** Some have a lower smoke point and fry oil life will be shortened if the thermostat is set too high.

Oil is the most expensive part of cooking French fries, not the cost per ounce or pound of potatoes.

**KNOW YOUR WEIGHTS** Set the guidelines on finished fry weights and portion plate coverage or bag appearance. Test periodically, especially with new crew members to discourage over-portioning.

\_\_\_ oz. Small      \_\_\_ oz. Medium  
\_\_\_ oz. Large     \_\_\_ oz. Kids

## GENERAL FRY TIPS

- Keep frozen fries at 0°F until use. Always rotate inventory. FIFO = First In First Out.
- Handle boxes carefully (frozen fries are fragile and break into smaller lengths if dropped.) Clue: Damaged frozen fry strips will have blunt or torn ends, but will still be cooked after frying.
- Open bags of fries by pulling apart at the top seam (less possible spillage and waste).
  - Do not allow frozen fries to thaw (note: some operations slack their fries but this is done to allow faster frying times for anticipated high-volume traffic. This method is not ideal).
  - Hold cooked fries at a minimum of 140°F for food safety and best quality (cooked fries become soggy).
  - If at all possible, dedicate a specific fryer just for fries to preserve taste.

## MORE FRY TIPS

- Check the fryer temperature setting and oil level; refresh as needed.
- Fry at 350°F or lower (above 350°F the fries will turn dark and the oil will break down prematurely).
- Determine ideal cooking time (typically three minutes for shoestrings, longer for wedges.) Fries should be golden brown.
- Fill fry basket only 1/3 to 1/2 full, determining the weight of the fries for consistency (for example, one pound per basket).
- Ideally, fry one basket of fries at a time in a two-fry basket fryer. If you have a high-capacity, fast-recovery fryer, still allow a minimum of 30 seconds before adding a second basket.
- Shake the baskets halfway through the frying to evenly distribute the heat to the potatoes and prevent the fries from sticking together.
- Once fried, hold the basket over the hot oil just long enough to drain, 10 seconds or less.
- Never mix old and new fries.
- Place finished fries on a screen to drain away excess oil.
- Salt to order, not before. Salt away from the fryer basket vat using a vertical motion back to front. Salt will break down oil.
- Frequently skim excess particles out of the oil.

### SET UP A FILTER SCHEDULE

Once every \_\_\_ hours or \_\_\_ times per day

## OIL BREAKDOWN

### THE FOUR MAJOR CAUSES OF OIL BREAKDOWN ARE:

- Interaction with water
- Exposure to air
- Temperature abuse—too hot!
- Gummy polymerization (darkness)



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