



Fresh Cut Fries

Cooking Settings:

Ingredients:

6 lbs. Russet Potatoes
½ cup Vegetable Oil
Salt

Cook Settings:

Par-cook Settings

- a. Phase 1 – 400F; 3:30; full rotation
- b. Phase 2 – 32F; 0; 0/0
- c. Phase 3 – 350F; 2:30; full rotation

Finish-cook Settings

- a. Phase 1 – 475F; 2:30; full rotation
- b. Phase 2 – 32F; 0; 0/0
- c. Phase 3 – 425F; 7:30; full rotation

Method:

1. Peel or leave skin on potato per your preference
2. Cut potatoes into fries with 5/16" die, put in a large container and cover with cold water.
3. Allow fries to soak in cold water for at least an hour to remove excess starch
4. Drain fries and pat dry with a clean towel
5. Toss fries with oil and salt
6. Par-cook in LightFry (See above for settings)
7. Put par-cooked fries on sheet pan and cool in the refrigerator for at least 30 min.
8. Finish-cook in Lightfry just before serving.
9. Season with salt when fries come out of the LightFry