



Fresh Cut Fries

Cooking Settings:

2.2 lbs Total Cook Time 5:45

- Phase 1 – 475F; 4:00; Full Rotation
- Phase 2 –
- Phase 3 – 455F; 1:45; Full Rotation

5 lbs. Total Cook Time 17:30 (First & Second Cook)

- a. Phase 1 – 400F; 1:00; Full Rotation
- b. Phase 2 – 350F; 3:00; Full Rotation
- c. Phase 3 – 350F; 2:00; rotation on 0:10/rotation off 0:50
- d. Phase 1 – 475F; 2:00; rotation on 0:05/rotation off 0:55
- e. Phase 2 – 425F; 2:30; Full Rotation
- f. Phase 3 – 425F; 7:00; rotation on 0:05/rotation off 0:55

Method:

1. Cut fries and soak in cold water for one hour to remove excess starch from surface of fry
2. Thoroughly dry fries
3. Toss with ¼ cup of oil and season with salt
4. Par cook in Lightfry (6 minutes per above settings)
5. Cool fries in refrigerator