



FROZEN FRENCH FRIES

The most successful and most widely used of the "Ready Foods" is French Fried Potatoes. Many restaurants serve Frozen French fries which are unappealing, many of which are left on the plate.

Many tests showed these frozen fries had a very low fat content, from 5% to 7%. Good tasty French fries absorb from 17% all the way up to 22% fat.

We thought increasing the fat absorption of frozen fries might be the answer. We experimented with potatoes from five of the leading suppliers in the Chicago area. After frying several hundred pounds of potatoes at different temperatures, different weight loads and different frying times, we came to a conclusion and thought you might be interested in hearing our findings.

We found out first, that if potatoes were fried at the temperature and time recommended by the processor, at 375°F for 2 minutes or at 350°F for 3 minutes, we had good color, but poor body. If we fried the potatoes longer, they became too dark to be accepted for serving. This potato looked good but had little flavor, the center was far too soft, like a boiled potato. The potatoes bent instead of breaking clean like a good fried potato should.

In our frying tests, we continued to increase frying time and reduced temperature at different weight loads. We found that you could fry loads of 4, 3, or 2 pounds of potatoes, frozen, for 4-1/2 minutes at a temperature of 325°F and obtain as good a product as if the potatoes were fried from raw to done.

These potatoes were completely acceptable, whether they were Slim Jims, shoe strings, crinkle or 3/8 inch cut. Potatoes fried in this manner have absorbed enough shortening so that they have taste appeal. It is the extra fat that is absorbed into the potato that makes it crisp and good.

Using our recommended temperature, the color of the potato is good, not too light or too dark. We also concluded, no matter which potato suppliers' product was used, with 4-1/2 minutes frying time at temperature of 325°F a pretty nearly perfect product resulted.

When the 4 pound load of potatoes were loaded in the fryer, the temperature of the fryer dropped to 275°F and in a short time it started to climb back up and cycled off in 2 minutes, 30 seconds.

On the 3 pound batch of potatoes, the temperature dropped to 285°F and cycled off in 2 minutes.

On the 2 pound batch of potatoes, the temperature dropped to 300°F and cycled off in one minute, 28 seconds.

The average frying time was close enough that little difference showed in the finished product. We, therefore, recommend the following:

- 1 – Do not use loads of over 4 pounds of frozen blanched potatoes in our 14" Keating Instant Recovery® Fryer.
- 2 – Fry the potatoes at temperature of not over 325°F.
- 3 – Fry frozen blanched potatoes for 4-1/2 minutes.

Potatoes fried in the above manner will be thoroughly acceptable when served.