



Garlic "Fries"

Our Young Chefs, 2015

Makes 6 to 8 servings

Most of us love French fries; they are difficult to resist. Fortunately, these garlicky "fries" will satisfy our cravings without deep fat frying. They are crisp on the outside and tender on the inside, just the way we like them.

DIRECTIONS

INGREDIENTS

Vegetable cooking oil spray (Pam) OR
canola oil (*optional*)

4 cloves garlic, *very finely* diced (about
 $1\frac{1}{2}$ to 2 tablespoons diced)
3 tablespoons canola oil

Pre-recipe preparation: Preheat the oven to 400°F. Line two (2) baking sheet pans with a Silpat OR foil. If using foil-lined baking sheet pans, lightly spray the pans with Pam or lightly grease with oil using a pastry brush or paper towel. Set aside.

Prepare the garlic: Peel and dice the garlic *very fine*. Heat the garlic and oil together in a small saucepan over *low* to *medium-low* heat for 2 minutes. (*Do not* allow the garlic to burn.)

Alternate method to prepare the garlic: Place the garlic and oil in a 1-cup glass liquid measuring cup or similar microwave-proof bowl. Microwave on full power for 1 minute. Remove from the microwave; stir. Return for 30 seconds to 1 minute, or until the garlic becomes golden brown. (Watch carefully so the garlic *does not* burn.)

Separate the browned garlic and oil: Strain the garlic from the oil with a small *fine* mesh strainer. Set both the garlic and the flavored oil aside separately.

4 large or 5 medium/small baking
potatoes
Garlic-flavored oil (*prepared earlier*)
1 teaspoon salt

Prepare the potatoes: Under cool running water, scrub the potatoes using a stiff vegetable brush to remove all dirt; pat dry. (If necessary, use a paring knife to remove any dark spots or sprouted potato "eyes".) Prepare the wedges by cutting each potato in half lengthwise. Cut each half, lengthwise, into 4 or 6 equally-sized wedges, depending on the thickness of the potato or how thick of a potato wedge is desired. In a large bowl, toss together the potato wedges, garlic-flavored oil and salt.

Bake the potatoes: Evenly divide the garlic-flavored potato wedges between the two (2) prepared sheet pans; spread out in a *single layer*. Bake the potato wedges at 400°F for 15 minutes; stir the potatoes, so that they will brown evenly. Bake until golden and crisp, *a total* of about 30 to 35 minutes, depending on the thickness of the wedges.



GARNISHES

Browned diced garlic (*prepared earlier*)

2 to 3 tablespoons fresh Italian parsley,
finely diced

Salt to taste

Garnish and serve: When the **potato wedges** are baked to golden brown and crisp, remove them from the oven. Evenly distribute the reserved **browned garlic, parsley** and if desired, an additional **sprinkling of salt** over the **wedges**. Serve immediately. (If possible, avoid using a metal spatula to remove and serve the **potatoes**; it has a tendency to rip the foil lining when trying to pick up the **potato wedges**.)
