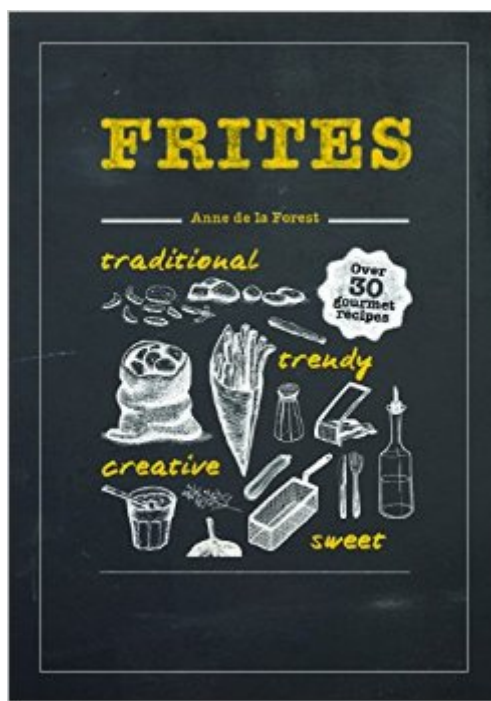


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Frites: Over 30 Gourmet Recipes



Synopsis

The humble frite is an iconic, comfort food that never fails to bring pleasure to your plate. From childhood memories of fish and chips, moules and frites or burger and fries, this book embraces many different cooking styles and permutations of ingredients, from polenta and asparagus to the classic French frites Pont-Neufs or US-style skinny fries. Large or small, fat or thin, peeled or with skins on, French, Belgian, British or American, everyone has their own favourite frites/dip combination.

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Polenta Frites 300 ml (1 $\frac{1}{2}$ cups) of milk 300 ml (1 $\frac{1}{2}$ cups) of water 150 g (generous $\frac{1}{2}$ cup) of polenta (cornmeal) 1 tbsp of parmesan, grated 1 tbsp of melted butter 2 litres (8 $\frac{1}{2}$ cups) of cooking oil 1 tsp of table salt $\frac{1}{2}$ tsp of sea salt crystals **** Bring the milk and water to the boil together. Sprinkle in the polenta (cornmeal) and allow to cook for 10 minutes, stirring until it thickens. Add the Parmesan and melted butter. Salt generously and stir well. Spread the polenta (cornmeal) out on a flat dish, in an even layer about 2 cm or 3 cm ($\frac{3}{4}$ in to 1 $\frac{1}{2}$ in) thick and leave to cool. Then put it in the fridge for one hour. Heat the fryer to 170 \AA C (338 \AA F). Cut the polenta (cornmeal) into sticks about 10 cm (4 in) long. Put the sticks carefully into the frying basket, using tongs. Space them out well. Lower the basket and fry for 2 minutes. Lift out the basket, let the frites drain, then place them carefully on a large plate covered with kitchen paper. Remove the paper. Sprinkle lightly with sea salt and eat while nice and hot. These go well with : Frite sauce, Homemade ketchup, tangy tomato sauce,

BãfÂ©arnaise sauce **Feta Frites** 400 g (14 oz) of Feta cheese (or another sheepÃcÂ Â™s cheese) 2 tbsp of flour 2 eggs 3 tbsp of dried breadcrumbs 2 litres (8Ã Â cups) of cooking oil
Table salt Freshly ground black pepper **** Leave the feta in the fridge until the last minute so that it remains nice and firm. Cut the feta into sticks about 1 cm (Ã Â in) wide. Put the flour into a dish, beat the eggs in a second dish and mix the breadcrumbs with a pinch of salt and a twist of pepper, in a third dish. Heat the fryer to 170Ã Â C (338Ã Â F). Put the sticks of feta into each dish in sequence, coating them with the flour, then the eggs and finally the breadcrumbs. Place them carefully in the basket and lower into the oil. Cook for 3 minutes. Drain the feta frites and tip them onto a large plate covered with kitchen paper. Remove the paper and season if necessary. Serve immediately. These go well with :Fresh herb sauce, soy sauce, tangy tomato sauce, Onion sauce

Carrot Frites 1 kg (2.2 lb) of carrots 2 litres (8Ã Â cups) of cooking oil Sea salt crystals Heat the fryer to 170Ã Â C (338Ã Â F). **** Peel and wash the carrots. Rinse them well and dry carefully with a clean, dry cloth. Cut the carrots into long, thick pieces using a kitchen knife, then cut them again to make fine sticks about 1 cm (Ã Â in) wide. Rinse the carrots once more and dry carefully. If you are using small young carrots, you could fry them whole with their greens on. Tip the carrot sticks into the basket and cook for 5 minutes, keeping a close watch. Lift out the basket and drain the frites on a plate lined with kitchen paper. Remove the paper. Salt generously and enjoy whilst nice and hot. These go well with :Tartar sauce, Curry sauce, Fresh herb sauce, Blue cheese sauce

Asparagus Frites 1 bunch of white asparagus 1 tbsp of flour 2 tbsp of dried breadcrumbs. 1 tsp of gomasio (a mixture of sesame seeds and salt) 1 egg 2 litres (8Ã Â cups) of cooking oil
Sea salt crystals Freshly ground black pepper **** Heat the fryer to 170Ã Â C (338Ã Â F).
Wash and peel the asparagus carefully, from just below the tip to the base. Cut away the toughest part of the stem. Put the flour into a long dish. Mix the breadcrumbs with the gomasio in a second dish, and beat the egg in a third dish. Dip the asparagus pieces one at a time into the flour, then the egg and finally into the breadcrumb mixture. Place each one carefully in the frying basket using tongs. Take care not to break the tips. Lower the basket and fry for 3 minutes keeping a close eye on them. Remove the asparagus and leave to drain on kitchen paper. Serve immediately after seasoning, if necessary. These go well with :Frite sauce, Tartar sauce, Fresh herb sauce, Blue cheese sauce

Beetroot Frites 3 large red beetroots (Beets), raw 2 litres (8Ã Â cups) of cooking oil Sea salt crystals Freshly ground black pepper **** Rinse the beetroots (beets) quickly in water. Top and tail them and remove the skin with vegetable peeler.

Cut into thick slices and trim to make frites, about 1.5 cm (½ in) thick. Dry well with kitchen paper, removing as much moisture as possible. (Take care: beetroot (beet) will stain both your hands and your clothes). Heat the fryer to 170°C (338°F), then put the beetroot (beet) pieces into the basket. Lower the basket into the fryer and fry the beetroot (beet) for 8 minutes. Remove the basket and leave the beetroot (beet) frites to drain. Pierce them with a fork to check they are cooked. They should be slightly firm to the touch. Tip out onto a plate lined with kitchen paper. Remove the paper. Sprinkle immediately with salt and pepper and eat while still hot. These Go well with : Curry sauce, Frite sauce, tangy tomato sauce Sweet Potato and Cane Sugar Frites 3 large sweet potatoes 3 tbsp of olive oil 2 tbsp of caster (superfine) sugar

**** Preheat the oven to 180°C (350°F/gas 4). Wash and peel the sweet potatoes. Cut them into evenly sized sticks. Rinse the sticks, dry thoroughly and tip into a large bowl. Pour over the olive oil and mix well. Add the sugar and mix again. Line a baking sheet with greaseproof (parchment) paper and spread the sweet potato sticks out on it, making sure that they don't overlap. Bake in the middle of the oven for 30 minutes. Move the baking sheet to the top shelf of the oven for the last 5 minutes of cooking time. The frites should be caramelized but watch them closely in case they burn. Sprinkle over a little more sugar just before serving.

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