

Homemade Baked French Fries

recipe by Eric Piehl



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Hearty, full of flavor, low-fat. Adapted from that done by Lisa Agesen.

[Quantities below](#) are 2 or 3 adult servings. It and salmon burgers can be ready in under an hour.

1 Parts

- $\frac{1}{2}$ to $\frac{3}{4}$ big **sweet potato** or **yam** (optional).
- **3** or **4 small-medium potatoes**. I like **russets**. Taste a bit better if I can source from my state.
- **Cookie sheet** (sheet pan) (baking sheet).
 - I have an Airbake, which has a layer of air between the two layers of metal. Single-layer works, too.
 - Mine has turned-up edges all-around. But flat edges probably work, if you are careful.
- Sturdy **metal spatula**, and **good hot pads**.
- A little **cooking oil**. I use olive oil, but others work, too.
- Some **spices**. I use garlic powder, ground pepper, No Salt, but others work well, too.
- **Slicer**; or big knife that fits your hand well, and cutting board.

2 Prepare

- Put out the [cookie sheet](#), and [oil](#) well. I use a paper towel fragment to get an even coat.
- [Optional] Turn on oven, to 205°C (400°F) for 47 minutes. I don't.
- [Optional] Slice the [sweet potato or yam](#), using a [slicer](#) or big knife and cutting board.
 - Dump loosely all over the cookie sheet.
- Slice the [potatoes](#), using a [slicer](#) or big knife and cutting board.
 - Dump loosely all over the cookie sheet.
- Sprinkle fries with a little [oil](#) (optional), and [spices](#).
- Put in the **oven**, and if not done previously, turn on to **205°C (400°F)** for **47 minutes**.
 - Set **timer** for **27 minutes**.
 - Get rest of dinner ready (e.g., , burgers, condiments, plates, drinks).
- When timer alarms, **loosen fries from pan, flip over** and **spread out again**, with a **sturdy metal spatula**.
 - Add a bit more [spices](#).
 - Set **timer** for **10 minutes**.
- Repeat previous step again.
 - *If it look like fries need more than 10 minutes*, repeat previous step again.
 - *If it looks like fries need only 10 minutes*, tell everyone to go potty, wash their hands, get drinks, etc.
 - *At 4 minutes to done*, start toasting the burger buns, and tell everyone to get their drinks.
- When done:
 - Turn **off** the oven.
 - Use a strong metal spatula to **loosen fries from pan, flip over**, and **serve**.
 - *If some fries aren't quite done yet*, leave them on the pan, while serving the done ones. Then put pan back in the oven to stay warm.
 - Best within a couple hours, say, when cleaning up from dinner.

3 Cleanup

- When cool, put spatula in the **dishwasher**, upper-rack.
- When cool, put cookie sheet in the **dishwasher**, lower-rack, face sideways or down.
- Or wash **by hand**.
 - But remember that your dishwasher uses **3 ×** less water and energy than washing stuff by hand, so if you need that pot for tomorrow, just run your dishwasher!

4 Slicer instructions

If you use a big knife and cutting board, use:

- a big knife that fits your hand well,
- a big cutting board,
- a clear work area, and
- a clear mind. **Be careful!**

If you have a slicer, follow **all instructions from the manufacturer**.

We have a ONCE FOR ALL **Safe Mandoline Slicer** <https://OnceForAll.kitchen/collections/mandoline-slicer> and <https://Amazon.com/gp/product/B07PSFTJDY>. Paper instructions came with the unit. Videos available at <https://YouTube.com/@onceforall.official>. It can make:

4.1 Slices (2-D flat planes), e.g., cheese, or for potatoes au gratin:

- Set slicer dial=___ **mm**.
- Set crosscut blades to **both retracted** (slices).
- Fill hopper (if ___ don't fit in hopper, cut ___ smaller via a cutting board and big knife).
- Slice** ____.

4.2 Strips (1-dimensional), e.g., baked home fries:

4.2.1 Potatoes (6 mm × 4 mm × slant width of potato):

- Set slicer dial=**6 mm** (or a bit less, to taste). Set sweetpotatoes to a bit thinner — somewhat denser.
- Set crosscut blades to **both extended** (4 mm). Easier cooking than **one extended** (8 mm).
- Fill hopper (if potatoes don't fit in hopper, cut potatoes smaller via a cutting board and big knife).
- Cut into strips (fries)**.

4.2.2 Sweet potatoes or yams (5 mm × 4mm × slant width of yam):

- Set slicer dial=**5 mm**. Set russets to a bit thicker — not quite as dense.
- Set crosscut blades to **both extended** (4 mm). Easier cooking than **one extended** (8 mm).
- Fill hopper (if potatoes don't fit in hopper, cut potatoes smaller via a cutting board and big knife).
- Cut into strips (fries)**.

4.3 Julienne (thin strips), e.g., carrots for spaghetti sauce (0.2 mm × 4 mm × slant width of carrot):

- Set slicer dial= $\frac{1}{4}$ **mm**.
- Set crosscut blades to **both extended** (4 mm).
- Fill hopper with carrots.
- Cut carrots into Julienne-style strips**. Soft after 45 minutes of cooking.

4.4 Dice or chop (small cubes), e.g., onions (3 mm × 3 mm × 4 mm):

- Set slicer dial=**3 mm**.
- Set crosscut blades to **both retracted** (slice).
- Remove skin from outside of onions.
- Fill hopper (if onions don't fit in hopper, cut onions smaller via a cutting board and big knife).
- Cut slices**. Then ...
- Stack slice and return to hopper, with
- slicer dial still=**3 mm** slices, but
- set crosscut blades to **both extended** (4 mm),
- Chop (dice) onions**.

-End.- [send comments to the author](#)