

## Crispy Parmesan Oven Fries

I've made different variations of oven fries in the past with mediocre results. The fries either come out soggy or burnt, and are rarely worth the trouble. Recently, though, I figured out the method to perfect fries every time. It's not just one thing; it's a combination of things that make it work, but if you want crispy fries at home without the hassle of deep-frying, this is the way to go. These aren't quick to make, but most of the prep time is totally hands off, so you can do other things while you make them.

There are a few things that make this work, but it's not complicated, I promise!

1. Use Russet potatoes and cut them into as equal size pieces as possible.
2. Soak the potatoes before baking — this removes some of the starch in the potatoes, which makes them crisp up better. Make sure they are dry when you bake, however
3. Don't crowd them on the pan; if your fries are touching or overlapped, they'll steam, leaving you with soggy, less than desirable fries.

If you follow these simple things, your fries will be crispy on the outside, and fluffy inside, the way fries should be. A sprinkling of grated Parmesan and Colima Sea Salt adds crunch and flavor. You can serve these with ketchup if you want, but they are delicious as is.

## Crispy Parmesan Oven Fries

Serves 2-3

Prep time

Ingredients:

2 medium Russet potatoes  
2 tablespoons Ava Jane's Kitchen extra-virgin avocado oil  
1/2 teaspoon seasoned salt  
1/4 teaspoon paprika  
1/2 teaspoon black pepper  
3 tablespoons grated Parmesan cheese  
Colima Sea Salt

Directions:

Cut the potatoes into fries, about a 1/4 inch thick. If you have a mandolin slicer that slices fries, use that, otherwise, use a sharp knife to carefully cut them into equal sized pieces.

Put the fries in a large bowl and cover with cold water. Allow the potatoes to soak for 30-40 minutes. Drain, and dry with paper towels until very dry.

Preheat oven to 400 degrees F.

Toss the fries with the avocado oil, seasoned salt, paprika, and black pepper. Line a large baking sheet with parchment paper and lay the fries in an even layer, making sure they don't touch.

Bake for 15 minutes and flip with a spatula. Bake for 15 more minutes and turn the heat to 425 degrees F. Continue baking until fries are crispy and browned, about 10 more minutes.

Remove from oven and toss with the cheese and a sprinkling of Colima Sea Salt before serving.