

American / French

Side Dishes & Vegetables

Ultimate Double-Fried French Fries

⌚ Prep: 25m

🔥 Cook: 25m

❄️ Rest: 15m

Σ Total: 65m

🍽️ 4 servings



Video ref: Joshua Weissman

MISE EN PLACE / INGREDIENTS [5]

- ☐ 3 lbs Large Idaho Russet potatoes, peeled and cut into uniform 1/4-inch matchsticks
- ☐ 8 cups Water (for simmering and starch rinsing)
- ☐ 2 tbsp Distilled white vinegar (for the boiling water)
- ☐ 2 quarts (2L) Peanut oil or neutral vegetable frying oil
- ☐ 1.5 tsp Fine sea salt or kosher salt

US SUPERMARKET BRAND GUIDE

Idaho Russet Potatoes: Idaho Russet Burbank Potatoes
High starch-to-sugar ratio produces pale, crisp fries instead of limp, soggy fries that burn. • 📍 Produce section.

Pure Peanut Oil: LouAna 100% Pure Peanut Oil
450°F smoke point with pristine clean fry quality. • 📍 Cooking oil aisle.

COOKING SEQUENCE & CHECKPOINTS

- 1

Cut & Starch Rinse

⌚ 10 min

Cut potatoes into 1/4-inch sticks. Rinse under cold running water 3 times until the runoff is crystal clear.
✓ Checkpoint: Clean, translucent raw potato matchsticks.
- 2

Vinegar Parboil

⌚ 15 min

Simmer potatoes in 8 cups of boiling water with 2 tbsp white vinegar and 0.5 tsp salt for 8 to 10 minutes until tender but not crumbling. Drain and dry thoroughly on wire racks.
✓ Checkpoint: Cooked potatoes that bend without snapping.
- 3

First Fry at 325°F & Freeze

⌚ 35 min

Fry in batches at 325°F (160°C) for 5 minutes without browning. Drain, spread on sheets, and freeze for 30 minutes.
✓ Checkpoint: Chilled, pale, par-cooked fries.
- 4

Final Crisp at 375°F

⌚ 5 min

Fry frozen potatoes in screaming hot oil at 375°F (190°C) for 3 to 4 minutes until deeply golden and intensely crisp. Toss immediately in a large bowl with salt.
✓ Checkpoint: Resonant, crunchy golden fries standing upright.

🛡️ **FOOD SAFETY & INTERNAL TEMPERATURE: ≥165°F (74°C) SAFE INTERNAL COOKING AND SERVING TEMPERATURE (HOLD HOT AT ≥140°F / 60°C)**
USDA/FDA Food Safety Standard: Cook to a minimum internal temperature of 165°F (74°C) for microbiological safety. Hold cooked food hot at ≥140°F (60°C) prior to serving and refrigerate any leftovers to ≤40°F (4°C) within 2 hours to prevent bacterial spore growth.

👁️ **MASTER DONENESS CHECKPOINT:**
Rigid golden-brown fries that hold straight without slumping, crackling audibly when bitten, with a steaming mashed-potato interior.

🔬 **WHY IT WORKS:**
The Vinegar Pectin Lock: Simmering potatoes in acidulated water prevents the vegetable pectin from breaking down too quickly, so the interior cooks to a mash while the exterior stays intact.

⚠️ **TROUBLESHOOTING:**
Fries turned limp after leaving the oil: Always freeze par-fried potatoes after the 325°F blanch and maintain 375°F (190°C) for the final crisp.