

## Air Fryer Roast Kitaakari Potatoes

Serves 2 (320 g total)

### Ingredients

- 320 g キタアカリ potatoes
- 1 T canola oil
- ½ tsp salt + ⅛ tsp MSG (about 3 g total combined)
- Optional: black pepper
- Optional: ½ tsp dried rosemary or thyme



---

### Step 1 – Cut Properly

Because they're slightly fragile:

- Cut into **large 3–4 cm chunks**
- Don't make small cubes — they'll collapse
- Try to keep pieces uniform



---

### Step 2 – Parboil (Highly Recommended)

This makes the interior fluffy.

1. Place in cold water.
2. Bring to boil.
3. Simmer **6–7 minutes**.
4. Drain well.
5. Let steam dry 5 minutes.
6. Shake in the colander to rough up edges slightly.  
Rough edges = crisp crust.

---

### Step 3 – Oil & Season

Toss with:

- 1 T canola oil
- Salt + MSG blend
- Herbs if using

Don't use too much oil — Kitaakari absorb it quickly.

---

### Step 4 – Air Fry

Since you're using the COSORI 6L:

- Preheat: **200°C**
- Cook: **18–22 minutes**
- Shake at 8 minutes and again at 15 minutes.

They're done when:

- Deep golden brown
- Edges crisp
- Soft when pierced

***If they brown too fast, drop to 190°C.***

---

### Texture Expectations

Kitaakari will:

- Get crisp
- Develop a slightly creamy interior

For *extra* crust:

- Lightly dust with ½ **tsp cornstarch** after parboiling before oiling.