

Japanese Potato Master Guide for Air Fryer

Optimized for COSORI CAF-DC601-WJP (6L) Air Fryer

✓ Cosori 6L Capacity Air Fryer Guidelines

Basket Size Consideration:

- 6L basket ideal single-layer load: 350–450 g potatoes.
- Maximum for proper airflow: 500 g (shake more frequently).
- For ultra-crisp fries: 300–400 g preferred.
- Over 500 g = airflow restriction → steaming → limp texture.



✓ Oil Percentage System

Target Oil Range for Air Fryer Crispness:

- 2% oil by weight = light crisp
- 2.5% oil by weight = balanced crisp (recommended)
- 3% oil by weight = deeper browning, slightly richer

Quick Reference:

- 300 g potatoes → 6–8 g oil (1¼–1½ tsp)
- 400 g potatoes → 8–10 g oil (1½–2 tsp)
- 500 g potatoes → 10–13 g oil (2–2½ tsp)
- Avoid 1 T (14 g) unless exceeding 500 g potatoes.

✓ Cut Size Guide (Japanese Varieties)

Classic Fries:

- Thickness: 8–9 mm
- Length: 6–8 cm
- Best: Kitaakari, Danshaku

Steak Fries:

- Thickness: 12–15 mm
- Slightly longer cooking required
- Best: Danshaku

Roast Chunks:

- Size: 3–4 cm pieces
- Best: Kitaakari, Inca no Mezame

Smashed Potatoes:

- Whole small potatoes 4–6 cm diameter
- Best: Kitaakari, Inca

✓ Japanese Potato Performance

Kitaakari (キタアカリ):

Type: Medium starch, slightly floury

Texture: Fluffy, slightly crumbly

Flavor: Naturally sweet

Best for:

- Fries (with protocol)
- Roast potatoes
- Smashed potatoes
- Baked potatoes

Avoid for:

- Potato salad (breaks apart easily)
- Long stews



Danshaku (男爵):

Type: Medium starch, slightly floury

Texture: Fluffy, slightly crumbly

Flavor: Naturally sweet

Best for:

- Fries (with protocol)
- Roast potatoes
- Smashed potatoes
- Baked potatoes

Avoid for:

- Potato salad (breaks apart easily)
- Long stews



May Queen (メークイン):

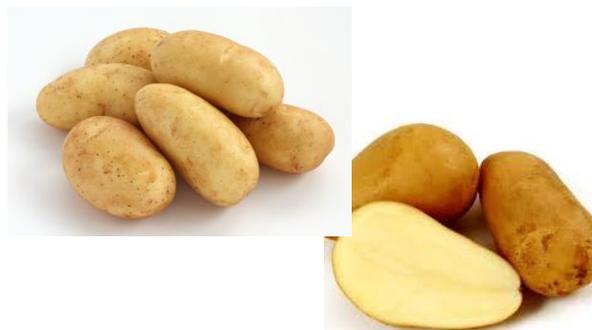
Type: High starch

Texture: Dry and fluffy

Flavor: Neutral

Best for:

- Mashed potatoes
- Croquettes



- Gnocchi
- Baked potatoes
- Ultra fluffy roast

Fries:

- Crisp well but more fragile than russets

Inca no Mezame (インカのみざめ):

Type: Waxy / low starch

Texture: Firm

Flavor: Mild

Best for:

- Nikujaga
- Stews
- Potato salad
- Gratin
- Boiled dishes



Not good for:

- Crispy fries
- Fluffy mash

They stay intact beautifully.

✓ **Staged Heat Protocol**

Fries:

Stage 1: 190°C – 8 minutes (interior sets)

Stage 2: 200°C – 6–8 minutes (browning)

Roast Chunks:

200°C – 18–22 minutes total

Shake at 8 and 15 minutes

Smashed:

200°C – 15–20 minutes

Flip once mid-way

✓ **Crispness Diagnostic Checklist**

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f Limp:

- Reduce oil
- Reduce batch size
- Dry potatoes more thoroughly
- Increase final stage heat duration

If Brown but Not Crisp:

- Too much surface moisture
- Salt added before cooking
- Basket overcrowded

If Pale:

- Slightly increase oil to 2.8–3%
- Extend Stage 2 by 2 minutes