

## French Fries

### Air Fryer

Serves 2

#### Ideal Thickness for Cosori 6L

**Classic Fries:** 8–9 mm thickness

(best balance of crisp exterior and fluffy interior).

**Steak Fries:** 12–14 mm thickness

(creamier center, slightly less crisp surface).

Uniformity matters more than perfection. Keep all pieces within 1–2 mm of each other.



#### Ingredients

- 500 g russet or Danshaku potatoes
- 1 Tbsp canola oil
- 1.5 g salt + MSG blend (1.1 g salt + 0.4 g MSG)

#### Instructions

1. Peel (optional) and cut into uniform sticks (see thickness guidance above).
2. Soak in cold water 30 minutes to remove excess starch.
3. Drain, rinse, and dry thoroughly.
4. Toss with **oil** and **half the salt + MSG blend**.
5. **Stage 1:** Air fry at **170°C** for **10 minutes**. Shake halfway.
6. **Stage 2:** Increase to **195°C** and cook **8–10 minutes**, shaking every 3–4 minutes until golden.
7. Finish immediately with **remaining salt + MSG blend**.

#### Steak Fry vs Classic Fry Timing Differences

**Classic (8–9 mm):** 170°C for 10 min → 195°C for 8–10 min (Total: 18–20 min).

**Steak (12–14 mm):** 170°C for 14 min → 195°C for 10–12 min (Total: 24–26 min).

Steak fries benefit from slightly longer Stage 1 to ensure a fully tender interior.

#### Nutrition

**Per Serving** — Kcal: 350 | Protein: 4 g | Fat: 7 g | Sat. Fat: 1 g | Carbs: 66 g | Sugars: 4 g | Fiber: 7 g | Sodium: 300 mg | Omega-3: 0 g

**Total Dish** — Kcal: 700 | Protein: 8 g | Fat: 14 g | Sat. Fat: 1 g | Carbs: 132 g | Sugars: 4 g | Fiber: 14 g | Sodium: 600 mg | Omega-3: 0 g

## Frozen Shoestring French Fries (¼ inch)

Product example: フレンチフライポテト シューストリング 1/4 インチ

These thin fries work extremely well in an air fryer and usually require no thawing.



### Basic Air Fryer Method

1. Preheat air fryer to **200°C** for **about 4 minutes**.
2. Add 200–250 g frozen fries to the basket. Spread loosely in one layer (small overlap is acceptable).
3. Cook at **200°C** for **5 minutes**.
4. Shake the basket well to redistribute the fries.
5. Continue cooking at **200°C** for **another 5–7 minutes** until golden and crisp.
6. Salt immediately after cooking.

Typical total cook time: 10–12 minutes.

### Optional Oil Adjustment

If fries appear pale around minute 8–9, lightly spray or toss with about ½ tsp canola oil and cook **1–2 more minutes**. This improves browning and crispness.

### Basket Capacity – Cosori 6L

- Best crisping amount: 200–250 g
- Maximum before crispness decreases: about 350 g
- Avoid overcrowding to prevent steaming.

### Japanese Trick for Extra Crisp Frozen Fries

A technique used in some Japanese kitchens is a very quick hot-water rinse before air frying. This removes excess surface starch from factory-frozen fries and helps them brown more evenly.

1. Place frozen fries in a colander.
2. Rinse with hot tap water for about **20–30 seconds**.
3. Shake well and pat lightly with a towel to remove surface moisture.
4. Air fry using the standard method above (200°C for about 10–12 minutes).

Result: slightly better browning and a texture closer to restaurant-style fries.

### Simple Seasoning Option

- ¼ tsp salt
- Pinch MSG
- Pinch garlic powder

Toss fries with seasoning immediately after cooking while still hot.