



## Beef Tallow French Fries

6 servings Prep time: 45 minutes (includes chill time) Cook time: 4 hours

### INGREDIENTS

- 4 starchy potatoes such as russet, or if you can find it, the best is Kennebec.
- Water for rinsing and soaking cut potatoes
- 6 ½ cups water
- 2 Tablespoons white vinegar
- 5-6 pounds Beef Tallow
- Salt to taste

### Directions

1. Start by peeling your potatoes. If you like the skins, feel free to keep them on. Using a sharp knife, remove just a tiny amount of potato to create a nice flat spot so it doesn't roll around on you. Safety first!
2. Cut potatoes into even 3/8-inch slices. Once you have all your slices, repeat the same cut nice and evenly so your fries are symmetrical. I personally like fries that are about 3/8 – ½ inches in thickness. If you want your fries a little crispier, feel free to go slightly smaller, but I feel 3/8 is a good balance of crispy and fluffy on the inside.

3. Place the cut fries in a bowl and rinse under cold water. When the initial starch is washed off, fill the bowl enough to keep the fries covered, then place the bowl in your refrigerator for 2-3 hours or even overnight.
4. Once the fries are soaked, bring 6 ½ cups of water with the addition of 2 Tablespoons of vinegar into a pot and bring to a boil. Working in 2 smaller batches, blanch fries in boiling water for about 6 minutes in each batch. Strain out potatoes using a strainer or spider, spread them onto a tray lined with paper towels or parchment, allow excess steam to evaporate, and allow to cool completely before moving on to the next step.
5. Now it's time to Tallow blanch the fries. Using a deep fryer or a large pot equipped with a candy thermometer, bring fat to 300 degrees. Blanch fries in small batches for about 1 – 1 ½ minutes. Carefully remove and place fries onto a wire rack for excess fat to drain off. Wait a few minutes until the fries have cooled enough to handle, and separate them so they are spread out evenly and not clumped together. Once cooled, place it in the freezer and leave it for a few hours until frozen or overnight. Once frozen, these fries will hold very well for at least a month. I usually carefully remove them and place them into a gallon-sized freezer bag, and then they are ready when I want them!
6. Turn your fryer or pot of tallow to 360-375 degrees and cook for 4-5 minutes or until deep golden brown. Be careful not to undercook your fries, as they will not stay crispy; it is essential to caramelize those sugars. Serve hot and eat right away for optimal crispiness. Serve by yourself or with your favorite condiments!



