

Fırında Tatlı Patates Kızartması

Crispy baked sweet potato fries with perfect seasoning. Healthier than fried, easy to make, and absolutely delicious. Ready in 40 minutes!

10 min

HAZIRLIK

40 min

PIRME

50 min

TOPLAM

4

PORSİYON

Easy

ZORLUK

Fırında Tatlı Patates Kızartması

Malzemeler

- 3 sweet potato
- 2 tbsp olive oil
- 1 tbsp corn starch
- 1 tsp rock salt
- 1 tsp black pepper
- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp oregano

Yapılışı

- Prepare the Oven**

Preheat your oven to 400°F (200°C). Line a large baking sheet with parchment paper.
- Prepare the Sweet Potatoes**

Wash and peel the 3 sweet potatoes. Cut them into evenly-sized fries, approximately 1/2 inch thick and 3-4 inches long.
- Place the cut sweet potatoes in a large bowl of cold water and soak for 30 minutes to remove excess starch.
- Drain the sweet potatoes and pat them completely dry with paper towels or a clean kitchen towel until no moisture remains.
- Season the Fries**

In a large bowl, toss the dried sweet potato fries with 2 tablespoons olive oil until evenly coated.
- Sprinkle 1 tablespoon cornstarch, 1 teaspoon salt, 1 teaspoon black pepper, 1 teaspoon paprika, 1 teaspoon garlic powder, and 1 teaspoon red pepper flakes over the fries. Toss until all fries are evenly coated with the seasoning mixture.
- Bake the Fries**

Spread the seasoned fries in a single layer on the prepared baking sheet, ensuring they don't overlap or touch each other.
- Bake for 20 minutes, then flip each fry over using tongs or a spatula.
- Continue baking for another 15-20 minutes until the fries are golden brown and crispy on both sides with edges that look slightly caramelized.
- Remove from oven and let the fries rest on the baking sheet for 5 minutes to crisp up further. Serve immediately while hot.

?puçlar?

Choose sweet potatoes that are similar in size for even cooking, and avoid those with soft spots or blemishes for the best results.

Soak cut sweet potatoes in cold water for at least 30 minutes to remove excess starch, which helps achieve maximum crispiness.

Thoroughly dry the sweet potatoes with paper towels or a clean kitchen towel before seasoning - any excess moisture will prevent crisping.

Don't overcrowd the baking sheet. Give each fry enough space so hot air can circulate around them, ensuring even browning and crispiness.

Flip the fries halfway through cooking to ensure both sides get golden brown and crispy.

Let the fries rest on the baking sheet for 5 minutes after cooking - they'll continue to crisp up during this time.

For extra flavor, toss the hot fries with fresh herbs like rosemary or thyme immediately after removing from the oven.

Store leftover fries in the refrigerator and reheat in the oven at 400°F to restore crispiness - never microwave them.