

Cinnamon-Dusted Sweet Potato Fries

This recipe is from *GRUB: ideas for an urban organic kitchen* by Anna Lappe and Bryant Terry. "We generally avoid deep-frying foods, but hey, it's New Years Eve. And these fries are bangin'. Indulge a little."

Organic coconut oil, which can be found [HERE AT THE CO-OP](#) is excellent in this dish. Coconut oil has gotten a bad rap in the past but research shows that while it's incredibly high in saturated fats it's highest source of saturated medium chain triglycerides (62%) of any naturally occurring vegan food source. Furthermore around 50% of these MCT's are made up of lauric acid, the most important essential fatty acid in building and maintaining the body's immune system.

- 4 large (4 lbs) sweet potatoes, peeled
- 1 tsp. coarse sea salt
- 1/2- 3/4 cup Organic, unrefined coconut cooking oil (for frying)
- 3 tbsp. ground cinnamon

1. Cut sweet potatoes into slices about 1/2 inch thick, then cut them lengthwise into the shape of slim fries.
2. In a large bowl, combine the sweet potatoes with 1 teaspoon salt and enough cold water to cover by a few inches. Cover and refrigerate for at least 1 hour, or overnight.
3. Thoroughly drain the sweet potatoes in a colander. Pat dry with towel.
4. Heat coconut oil in large saucepan or deep-fryer over medium-ight heat until it reaches a temp of 325 degrees, or about 6-8 minutes. Fry the potatoes in batches until lightly browned. Remove fries from the oil with a slotted spoon and place on paper-towel lined plate.
5. Increase heat to high (375 degrees), then add the par-fried potatoes back into the oil and fry until crisp. Remove with a slotted spoon, dust with cinnamon and serve immediately.

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Shopping List

Cinnamon-Dusted Sweet Potato Fries

<u>Ingredients</u>	<u>Wieght or Volume</u>	<u>Department</u>	<u>PLU #</u>
Sweet Potatoes	4 large (4 lbs)	PRODUCE	_____
Coarse sea salt	1 tsp.	BULK	_____
Organic, unrefined coconut cooking oil	1/2-3/4 cup	GROCERY	_____
ground cinnamon	3 tbsp.	BULK	_____

Honest Weight Food Co-op

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