



Sweet Potato Chips

These chips are a great alternative to French fries. They are easy to make but take some time as you will have to deep fry them in batches. If you have a deep fryer great! If not, you will need a deep, heavy pot which you will have to fill half way with cold Canola oil. Heat the oil for a while until a small cube of bread browns in 60 seconds. If you have a deep frying thermometer it should reach a temperature of 365 degrees Fahrenheit. It will take a good 10 minutes for your oil to reach this temperature.

Another important point is that your food has to be dry so make sure you let it air on a paper towel or cover it with bread crumbs or some kind of batter. You need to make sure you are not overcrowding the pan with your food if you want it to be crunchy.

For this recipe I used 3 large sweet potatoes. If you have a mandolin, use it and slice the sweet potato into thin slices. If you do not have a mandolin, go ahead and use a sharp knife and cut thin slices.

Follow the instructions above and fry the chips in batches. Place a few paper towels on a plate and go placing the fried chips on them as they cook in order to drain off the excess oil. Season your chips with coarse salt and fresh ground black pepper if you like. Serve your chips with your favorite chicken, burger or rib dish.