

Easy Golden Air Fryer Fries + Dipping Sauce

How to:

1. Clean the potatoes by rinsing and drying them
2. Cut the potatoes into fries (using a fry cutter) OR slice into thin strips using a knife
3. Place the fries in a strainer and rinse for a few minutes with cold water. This removes the starch, making them a bit crispier after "frying".
4. Dry the fries a bit with a paper towel or allow to air dry for a few minutes.
5. Place the fries in a medium mixing bowl. Drizzle the 1 tablespoon olive oil over the potatoes and sprinkle with a bit of salt and pepper. Toss to mix well.
6. Place your air fryer in a safe area of your kitchen. I placed mine on a marble board topped with a silicone baking mat and at least 8 inches away from a cabinet and the wall.
7. Use the olive oil spray to coat the basket of the air fryer. Add the fry mixture to the basket. If using a convection oven, place the fries on an foil covered baking tray covered with a few spritzes of olive oil spray.
8. Set the temperature to 380 degrees (F). Each air fryer is different, so read your manual to see how to set the temperature.
9. Set the time to 28 minutes and allow to cook. Carefully remove the basket from the air fryer 1-2 times during cooking to shake the fries for more even cooking.
10. Combine the ingredients for the sauce in a small mixing bowl and mix well. Place in the refrigerator until ready to eat.
11. Remove the fries from the air fryer when they are golden brown. Cook for less or more time as needed. Season with more salt and pepper if necessary.
12. Eat with the dipping sauce and enjoy!

Tips and Tricks:

- I found my ingredients at Whole Foods but the ingredients can be found at most grocery stores and online
- You can use russet or another variety of potatoes. Just keep in mind they may all cook a bit differently and need more or less cooking time.
- I tried this same recipe using my Instant Pot Air Fryer lid and the results were the same so I am confident that other air fryers will give you similar or the same results as I had.



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Servings: 2-4

Preparation + Cooking Time: 45 minutes

Suggested kitchen tools: Air Fryer or convection oven, small mixing bowl, large mixing bowl, french fry cutter, strainer, knife

The Ingredients

Fry Ingredients:

- 5 medium sized gold potatoes
- 1 tablespoon olive oil
- olive oil spray
- salt and pepper (to taste)

Sauce Ingredients:

- 1/2 cup mayo (I used a vegan version)
- 2 teaspoons coconut aminos (you could use soy sauce instead, but use a bit less)
- 1/2 teaspoon yellow mustard
- 2 teaspoons dijon mustard
- 1 1/2 teaspoons maple syrup
- 1/4 teaspoon salt
- 1/2 tsp sweet paprika