

Gluten-Free Air Fryer Fries

Servings: 2 - 4

Prep time: 15 minutes

Cook time: 15 – 20 minutes

Ingredients:

- 2 large russet potatoes (or other good frying potatoes like Yukon Gold), peeled and cut into fries
- 2 tablespoons olive oil (or avocado oil)
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon paprika
- 1/4 teaspoon garlic powder (optional)

Directions:

Step 1

Prepare the Potatoes: Wash and peel the potatoes. Cut them into fries, aiming for even size for consistent cooking. Soak the fries in cold water for at least 30 minutes (or up to a few hours). This step helps remove excess starch and contributes to crispier fries. Drain the fries well and pat them very dry with paper towels or a clean kitchen towel. This is a critical step for crispiness.

Step 2

Season the Fries: In a large bowl, toss the dried fries with olive oil, salt, pepper, paprika, and garlic powder. Make sure all the fries are evenly coated.

Step 3

Preheat Air Fryer: Preheat your air fryer to 400°F (200°C) for a few minutes.

Step 4

Arrange Fries in Air Fryer: Arrange the fries in a single layer in the air fryer basket. It's important not to overcrowd the basket, as this will prevent the fries from getting crispy. You may need to cook the fries in batches depending on the size of your air fryer.

Step 5

Cook the Fries: Cook the fries for 15-20 minutes, shaking the basket or flipping the fries halfway through, until they are golden brown and crispy. The exact cooking time will depend on your air fryer and the thickness of your fries.

Step 6

Serve: Serve the fries immediately while they are hot and crispy.

Tips for Extra Crispy Fries

- **Double Fry:** For even crispier fries, you can do a "double fry." Cook the fries for 10 minutes at 400°F (200°C), then remove them from the air fryer and let them rest for 5 minutes. Increase the air fryer temperature to 425°F (220°C) and cook the fries for another 5-10 minutes, or until golden brown and crispy.
- **Potato Variety:** Russet potatoes are generally considered the best for fries due to their high starch content and low moisture. Yukon Gold potatoes also work well.
- **Don't Overcrowd:** Give the fries plenty of space in the air fryer basket so that hot air can circulate evenly.
- **Shake or Flip:** Don't forget to shake the basket or flip the fries halfway through cooking to ensure even browning.

Variations

- **Sweet Potato Fries:** Use sweet potatoes instead of regular potatoes.
- **Seasoning:** Experiment with different seasonings like Cajun seasoning, Italian seasoning, or chili powder.
- **Parmesan Fries:** Toss the cooked fries with grated Parmesan cheese while they are still hot