

Fermented Fries

INGREDIENTS

- 3LB russet potatoes (I used [Strohauer Farms](#)), cut into matchstick fries
 - 4TBS Real Salt or kosher salt
 - 8C filtered water (or enough to fill about 1-2 inches from top of bowl)
 - 3 cabbage leaves
 - [Colorado Mills](#) sunflower oil (or any high smoke point oil for frying)
1. Wash potatoes and slice into matchstick fries.
 2. Add fries to large bowl and cover with filtered water about 1-2 inches from top of bowl.
 3. Add salt to bowl and stir until combined.
 4. Loosely cover fries with cabbage leaves so they maintain submerged in the water.
 5. Cover bowl loosely with cloth and store in a cool, dry, temperature controlled environment for 4 days.
 6. Remove fries, strain, and pat dry with a paper towel.
 7. Heat oil in skillet over stove then slowly and carefully add fries, one handful at a time.
 8. Fry each batch until golden brown, remove from heat and allow to cool on paper towels.
 9. If you like a more crispy fry, fry them again in small batch handfuls for a quick fry or about 5-10 seconds.
 10. Serve garnished with finishing salt and enjoy!