

BLEU'S BRABANT POTATOES RECIPE

THIS IS A SIMPLE SIDE DISH POPULAR IN NOLA CUISINE. IT'S VERY QUICK AND EASY TO MAKE, AND IT WILL ACCOMPANY JUST ABOUT ANY ENTREE. YOU COULD ALSO BAKE THE POTATOES AS AN ALTERNATIVE TO FRYING THEM. I WOULD TOSS THEM IN OLIVE OIL, SEASON LIBERALLY WITH SALT AND BLACK PEPPER AND BAKE ON A SHEET PAN AT 425 DEGREES F UNTIL GOLDEN AND CRISPY. I CUT THESE INTO DIFFERENT SIZES FOR DIFFERENT PURPOSES, THESE I MADE A LITTLE LARGER TO BE A SIDE DISH. RECIPE:

BRABANT POTATOES RECIPE:

2 1/2 CUPS VEGETABLE OIL
2 LARGE IDAHO POTATOES
1 TBSP EXTRA VIRGIN OLIVE OIL
2 CLOVES GARLIC, FINELY MINCED
1/2 STICK UNSALTED BUTTER, CUT IN PIECES
KOSHER SALT AND FRESHLY GROUND BLACK PEPPER TO TASTE
2 TBSP ITALIAN PARSLEY, FINELY CHOPPED

PEEL THE POTATOES AND CUT INTO 1/2"-3/4" DICE. SOAK THESE IN COLD WATER FOR ABOUT 15-20 MINUTES. DRAIN THE POTATOES AND WASH UNDER COLD WATER, THE OBJECT IS TO REMOVE SOME OF THE STARCH. DRAIN AND PAT DRY WITH PAPER TOWELS, YOU WANT THEM VERY DRY BEFORE THEY GO INTO THE OIL.

HEAT THE OIL TO 360-375 DEGREES IN A 2 QT SAUCEPAN. DEEP FRY THE POTATOES UNTIL GOLDEN BROWN, IN BATCHES, YOU DON'T WANT TO OVERCROWD THE PAN (SEE NOTE). DRAIN ON DRY PAPER TOWELS. SEASON WITH SALT & BLACK PEPPER. PLACE THE DRAINED POTATOES ON A WARM SERVING PLATE(S).

IN A SAUTÉ PAN HEAT THE OLIVE OIL OVER MEDIUM LOW HEAT AND SAUTÉ THE GARLIC UNTIL FRAGRANT, ADD THE PARSLEY AND THE BUTTER, INCORPORATING IT IN BY CONSTANTLY SHAKING THE PAN BACK AND FORTH. SEASON THE SAUCE WITH SALT AND PEPPER AND POUR OVER THE POTATOES, OR TOSS THEM IN IT. SERVE IMMEDIATELY.

SERVES 2-3

****NOTE****

OVERCROWDING THE PAN WHEN DEEP-FRYING DOES TWO THINGS:

1. KEEPS THE OIL FROM SURROUNDING THE POTATOES
2. LOWERS THE TEMPERATURE OF THE OIL TOO QUICKLY, WHICH WILL RESULT IN SOGGY AND GREASY FOOD, AS OPPOSED TO CRISP. WHEN YOUR TEMPERATURE IS TOO LOW, THE FOOD ABSORBS THE OIL LIKE A SPONGE.

