



Sweet potato fries with lemon aioli and guacamole

Ingredients:

1 kg sweet potatoes
 3-4 tbsp cornflour
 2 eggs
 1 tsp mustard
 Salt and pepper
 200 ml sunflower oil
 3 garlic cloves
 1 organic lemon
 2 avocados
 Oil for frying
 Sea salt

Accessories:

Deep fryer
 Ceran hob
 Griddle

Preparation:

Peel the sweet potatoes and cut into slices approx. 1 cm thick. Cut the slices into thin strips and soak in cold water for approx. 1 hour. Separate the eggs and add the yolks to a bowl. Season with salt, pepper and mustard and whisk briefly. Drizzle in the oil to create a mayonnaise. Stir in the finely chopped garlic and the grated lemon rind. Season with salt and pepper and refrigerate. Halve the avocados and remove the stones. Remove the flesh and coarsely mash with a fork. Season with salt, pepper and lemon juice. Refrigerate. Drain the sweet potatoes and pat dry. In a bowl or bag, toss with the cornflour to coat the strips. Heat the deep fryer to 160 °C and fry the sweet potato strips in small batches for approx. 5 mins. Fry again at 180-190 °C for 3-4 mins, drain, season with sea salt and serve with the aioli and guacamole.

Notes:

Preparation time: approx. 30 mins / difficulty level: medium / calories p.p.: n/a

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547 g CO₂ per portion

65 % less CO₂ than the average when preparing this recipe.

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