How to Make Delicious Frozen French Fries

French fries in McDonald's and KFC are all frozen french fries which need secondary fry before eating. Frozen french fries has more attractive appearance and delicious taste due to more nutrition are kept in production.

High quality frozen french fries with low oil have golden brown color and crisp skin outside fresh and tender chips. The attractive color is mainly determined by blanching time and frying time, while the cooling time and frying temperature have much influence on oil content and water content.

General Making Procedure

There is no difference in making fried french fries and frozen french fries except for the final fry and freeze parts. As frozen french fries need secondary fry, the frying time should be shorter compared with fresh fried french fries.

The general frozen french fries processing steps are washing and peeling, slicing or striping, blanching, cooling and drying, frying, de-oiling and packaging.

Key Points in Blanching Process

Sliced or striped potatoes need blanching before frying to remove starch and inactivate enzyme.

Potato chips blanched in short time will still have enzyme and they are easy to go bad. While once blanched in hot water in long time, french fries will have poor palatability and mouthfeel. What's more, long processing time needs more fuel and electricity increasing investment. The best blanching time for frozen french fries is 7-15 minutes in 70℃. For different amount of potatoes, the blanching time and water temperature can be adjusted.

Factors in Drying Process

Blanched french fries are full of water and need drying before fried. Longer drying time, less water content. Once potatoes have much water loss, they will become hard and not tasty.

Important Tips in Frying Process

Frying is one important step which effects the appearance and shape of french fries. The oil content in french fries will increase heavily when potatoes are fried in low temperature in short time and high temperature in long time. What's more, the color of french fries will change into dark brown if potatoes are fried in hot oil.

The best frying time for french fries is 8-10 minutes, while for thin potato chips, the frying time can be around 6 minutes. High quality french fries usually have oil content in 4.8%-5.7% and inner water content in 65%-70%.

How to Make Delicious French Fires at Home?

Wish to make delicious french fries like McDonald's and KFC? Don't worry! It's easy to make potato chips and french fries at home.

What you have to know first is that french fries in McDonald's and KFC are made from potato powders, not sliced or striped potatoes. Still have questions about the differences, please look last news Sliced Potato Chips VS Compound French Fries.

In homemade french fries process, potatoes are striped less than 1cm. Striped potatoes are cooked in hot water for 3 minutes after soaked in salt water. Then put blanched potato strips into refrigerator to freeze. Fry frozen french fries in hot oil for 2-3 minutes before eating.

McDonald's Ingredient of French Fries

Food in McDonald's and KFC seems much more attractive and delicious than anywhere else. Let us have a glance at their ingredients in a list which McDonald's has stated on YouTube.

The full raw material and ingredients of McDonald's French Fries are as follows: Potatoes, canola oil, hydrogenated soybean oil, safflower oil, natural flavor (vegetable source), dextrose, sodium acid pyrophosphate (maintain color), citric acid (preservative), dimethyl polysiloxane (antifoaming agent) and cooked in vegetable oil (Canola oil, corn oil, soybean oil, hydrogenated soybean oil with THBQ, citric acid and dimethyl polysiloxane) and salt