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## COMMENT

# Black bean vegan burgers with fries: part three

By Lori Gysel & Gerry Kentner  
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What's Cookin

Today's recipe is the last of a three-week series by now you should have the recipes for the vegan black bean burger, the guacamole and the fries! Do yourself a favour and even if you are not a vegan, try making this meal. I think you might like it!

I've suggested Yukon gold (yellow-fleshed) potatoes, but russet (baking) potatoes also make a great French fry.

The trick is to wash them, slice them, then allow them to dry thoroughly on some paper towels before coating with oil and baking. When trying to get a great oven-baked fry with good browning, water is the enemy.

I don't peel my potatoes, I just scrub them and we eat them, skin and all. Most of the nutrients are located right next to the skin so if you peel, you may just be peeling away the

most nutritious part. You certainly will be peeling away the most flavourful part.

The other trick is that when you lay them out on a baking sheet, they need to be really well spread out. If they are all jammed up tight together or in a pile, they will just steam (again, water being the enemy) and they will get soft, but not crispy.

And, it is difficult to make these for a crowd in a household oven. If you get more than two pans in the oven, they just don't get the same air circulation and you begin to get a steaming effect (ah, there's that water again).

So if you do have a crowd, consider a different type of potato dish or get out the deep fryer on the driveway!

Have fun and keep cooking!

### Oven-Baked Fries

Serves two

#### INGREDIENTS

- 3 large yukon gold potatoes
- 2 tbsp olive oil
- kosher salt (coarse grind)

#### METHOD

1. Wash potatoes and dry well.
2. Slice lengthwise into thick fries.
3. Toss with olive oil.
4. Lay on a parchment-lined baking sheet.
5. Sprinkle liberally with kosher salt.
6. Bake in a preheated 425 F oven for 20-30 minutes, flipping halfway through.



**Hint:** don't flip until the bottom sides are well browned. Keep in mind the cooking time will change if your fries are not as thick as mine. Spread them sparingly on pan do not pile or crowd. Use two pans if necessary.

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