

## Script Oven Baked Fries

Hi everyone, welcome to the Kentucky 4H virtual experience. My name is Isaac Hill and I'm the 4H state specialist for healthy living. I want to introduce Laney who is going to be teaching us how to make oven baked French fries as we focus on healthy living out of our team cuisine curriculum and thank you for joining me today.

My name is Laney and I will be showing you guys how to make oven baked fries, so before anything as always need to practice really good hand hygiene, we want our cooking area to be a safe place away from germs and anything that might contaminate your ingredients or your supplies. Speaking of ingredients, I'm going to go ahead and list everything you're going to need to make your oven baked fries.

To start off with some canola oil, it doesn't have to be canola oil, this is just what we're using. You're going to need some salt and some pepper. We're going to use russet potatoes we're using for today and that's it for our ingredients. Now we're going to go ahead and run to our supplies. So, for your supplies, you're going to need a baking sheet. You're going to need a basting brush if you don't have something like this, you can always use a paper towel.

It's just to spread your oil on your baking sheet. You're going to need the correct measurements for your oil, so today we're going to be using one teaspoon, a half a teaspoon in 1/4 of a teaspoon. You're going to need a knife, and you're going to need something to cut your potatoes on. We're using the Teen Cuisine recipe today, so I have my paper here. This is what we're going to be following throughout the entire video. So, I'm going to go ahead and jump into the direction, so your first direction is to heat your oven to 450 degrees Fahrenheit, which I've already done. By heating your oven first, it gives you time to prepare your potatoes.

That way you won't have to wait to put them in. Your oven will already be preheated. So that is your first direction. Your second is to brush your baking sheet with 1/2 of the four teaspoons that you're going to be using for this recipe of canola oil. So, your canola oil is going to be divided or whatever oil you're using. So, of the four teaspoons, we're going to be using a half of those two coats on the baking sheet, so that would be 2 teaspoons in total.

I'm going to be using the one teaspoon measurement here. I'm going to take my canola oil and whenever you're measuring liquids like this, you want to make sure that you fill it all the way to the brim where it's flat with the stick. Right here that you're going to be holding onto. So, we're going to be doing one TSP. Just like that, and then I'm just going to kind of spread it all over my baking sheet. I'm going to go ahead with my second TSP. And like I said, my liquid level with the handle right here itself. Spread that all over. Make sure that all the oil made it onto the baking sheets. And then I'm going to take my basting brush and I'm just going to gently spread that all over the sides of the baking sheet and the bottom of the baking sheet.

Now we do this to keep the fries from sticking to the baking sheet. That way it's easy to remove them once they're done cooking. Anna also adds flour to the fries themselves. Alright, now that I have coated my baking sheet, I'm going to go ahead and move on to the third direction, which is to cut your potatoes lengthwise into strips. Also, your pieces should be uniform and resemble traditional French fries. So however, you like your potatoes cut for your French fries, that's how you're going to want to cut the

potatoes that you're using for this recipe. Already prewashed my potatoes so you're going to want to make sure that your potatoes are washed and clean were using for today but use however many you think you need. So, I'm going to take my knife to keep my fingers safe. I'm going to tuck my fingertips underneath my knuckles and I'm going to be using my knuckles, kind of as a safety guard to not cut the tips of my fingers. Cutting lengthwise just means that you're going to be cutting horizontally. So, like I said, I'm going to be protecting my fingertips with my knuckles, and I'm also going to be stabilizing the potato with my hand. We're going to take our knife and we're just going to do 1 swift cut through the potato. In a smooth motion while keeping the potato stabilized.

Now you're going to want to do this for the rest of the potato until the entire potato is cut into these. Strips that are kind of circular like this. So once we have this shape, you're just going to cut horizontally again into the French fry shape. Make sure why you're doing your second round of cutting and you're still using your knife safety techniques. And you're going to want to just do one quick swift starlight guys, now that we have our potatoes cut into their final form or getting be moving onto direction of which says place with Tay toes on a baking sheet in a single layer.

So we're going to grab our bathing suits and you're just going to spread the potatoes on your baking sheet, making sure that they're kind of our partners in order for all of them to be coded with the seasonings that you're using so, you don't want any of the potatoes layering each other or on top of each other just to ensure that all of them get coded correctly. Alright, now that I have my potatoes placed onto the baking sheet that's coated with oil, we can go ahead and move on to #5, which says season the potatoes with salt and pepper.

So, I'm going to be taking my salt first. I'm just going to gently season all the potatoes. Now I'm going to move onto my pepper. I'm going to do the same exact thenardite, now that we have seasoned with both salt and pepper, we're going to move onto direction #6, which says to drizzle remaining 2 teaspoons of oil on top of the potatoes. So I'm going to be using that whole TSP measurement again. Alright, we're going to fill out all the way to the brim of the measurement. And we're just going to slightly drizzle them over the potatoes. Now for this second Starlight guys, now that our potatoes are seasoned we can go ahead and move onto our oven space and I will see you guys over thoreaulite guys, we're at the oven now with our baking sheet full of our potatoes.

My oven is preheated to 425 degrees. Make sure that you have an adult nearby with you as this surface very hot and it's very easy to get burnt if you don't practice the right precautions. So, I have my oven mitts here that are going to protect my hands while I'm placing the baking sheet into the oven for just one degree. Make sure that you have an adult nearby with you as the surface is very hot and it's very easy to get burnt if you don't practice the right precautions. So I have my overmasts here that are going to protect my hands while I'm placing the baking sheet into the oven and close the oven and we're going to let our potatoes cook for 25 minutes, rotating the baking dish every 10 minutes in order to get every side of the potato.

And while your potatoes are cooking, this would be a really good time to go cleanup your cooking space that we had before we came to our oven top and I will see you guys when the potatoes are done. Know that my potatoes have cooled, I'm going to go ahead and move them over to a separate plate with a spatula and I will show you the finished product in just a second. Alright guys, here's our final product with a Golden crispy outside. That's how you can usually tell that your fries are done. I hope you all enjoy this recipe and thank you for watching. Thank you for joining us today for the Kentucky forage

virtual experience focused on healthy living. For more information regarding health projects, check out your local University of Kentucky Cooperative Extension Service. Have a wonderful day.