

Sweet Potato Chips

These sweet potato chips have a wonderful salty crunch with a hint of sweetness. They are fantastic fried, and can be made in any high-smoke-point cooking fat.

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Prep Time	Cook Time	Yield
20 Minutes, plus 1-2 hrs salting time	1h	2-6

Amount	Ingredient
1-2	Sweet Potatoes
1-1 1/2 tbsp	Salt
4-8 cup	high-smoke-point cooking fat (enough to have about 2 inches of oil in a pot or to fill a countertop deep-fryer)

TIPS:

Store any leftovers in an airtight container at room temperature. If the chips were fully crisp, they will keep for about a week.

Variations:

Root Vegetable Chips: You can also make chips out of other starchy root vegetables, such as beets, parsnips, carrots, and taro root. If you want to experiment with different combinations of root vegetables, keep them separate until after you have deep-fried them, since different vegetables take different lengths of time to crisp up.

Fried Plantain Chips: you can also make chips out of green plantains. Slice as thinly as possible and skip steps 2 and 3. These are particularly good when fried in coconut oil (but don't heat extra-virgin coconut oil above 350F).

Instructions

1. Slice the sweet potatoes as thinly as possible, ideally 1/16 inch thick. A mandolin slicer or food processor makes this task much easier. The thinner they are, the more evenly and quickly they will crisp up when fried.
2. Place the sweet potato slices in a bowl and toss with 2 to 3 teaspoons of the salt. Place in a colander in your kitchen sink and let drain for 1-2 hours (or more).
3. Rinse the excess salt off the sweet potato slices and pat dry with clean tea towels or paper towels. It's important that the slices be completely dry before you put them in the oil. Any excess water on them will cause the oil to bubble aggressively.
4. Meanwhile, heat the cooking fat in a countertop deep-fryer or a fairly deep, wide-bottomed pot over medium heat with a deep-fry thermometer attached to the side. Aim to get the oil to 355F to 370F if using extra virgin olive oil, or 360F to 370F if using avocado or **refined** coconut oil. Line a baking sheet with newsprint or paper towels to put your sweet potato chips on after they are fried.
5. Add a generous handful of sweet potato slices to the oil, but do not overcrowd. Watch them. When they start to curl slightly and brown a little, they are done. Using a deep-fry basket or a wire skimmer, transfer the chips onto the prepared baking sheet. Sprinkle with salt and let cool before eating. Repeat with the remaining sweet potato slices, working in batches. If you aren't sure whether they are done, remove the chips from the oil and let them cool a little (but don't sprinkle with salt yet) to see if they are entirely crisp. If they aren't you can put them back in the oil to continue cooking. Depending on how big and thick your sweet potato slices are and how hot your oil is, frying may take as little as 2 to 3 minutes or as long as 6 to 7 minutes. Once you've done a few batches, you'll have a better idea of how long they take to cook and what they look like when perfectly crisp.