

triple cooked chips

Heston Blumenthal's triple cooked chips

Don't be tempted to fry the chips only once, the key to a deliciously crispy and golden chip is in cooking them in three stages.



photograph Angela Moore

Serves: 6

Preparation: 10 minutes

Cooking: 45 minutes

You will need:

1kg Maris Piper potatoes, peeled and cut into chips (approx. 2 × 2 × 6cm)

Groundnut or grapeseed oil

Sea salt

Method:

1. Place the cut chips into a bowl under running water for five minutes to wash the starch off.
2. Place 2kg cold tap water in a large saucepan and add the potatoes. Place the pan over a medium heat and simmer until the chips are almost falling apart (approximately 20–30 minutes, depending on the potato).
3. Carefully remove the cooked chips and place them on a cooling rack to dry out. Then place in the freezer for at least one hour to remove more moisture.
4. Heat a deep-fat fryer or a deep pan no more than half

filled with oil (to a depth of around 10 centimetres) to 130°C.

5. Fry the chips in small batches until a light crust forms (approximately five minutes), remove from the oil and drain on kitchen paper.

6. Put the potatoes on a cooling rack and place in the freezer for at least one hour. (At this stage, if you don't want to cook and serve immediately, the chips can be kept in the fridge for three days.)

7. Heat the oil in the deep-fat fryer or deep pan to 180°C and fry the chips until golden (approximately seven minutes). Drain and sprinkle with sea salt.