



Rutabaga Fries

At the Calhoun School we prepare Rutabaga Fries using the same method we use for French Fries.

For French Fries, we wash but don't peel potatoes, slice them into "French fry" shapes, dry them well and toss them in corn oil. We season them generously with salt and pepper and spread them on a sheet pan (cookie sheet) that has been lined with parchment paper. We then put them in a very hot convection oven at 400F. So our French fries, aren't really fried, we call them "oven fries" but they come out with more flavor and crisper than French fries, which are deep fried.

Note: we use a convection oven which makes more efficient use of heat by circulating hot, dry air. Thus the temperature in a convection oven, when compared to a standard oven, is the equivalent to 25 degrees hotter. So to make the "French fries" in a standard oven you should set your oven at 425°F. Roast in the oven until deep golden brown and cooked all the way through.

Rutabaga Fries

Ingredients:

- 2 lbs. rutabagas, cut into ½" French fry sticks
- 4 tbsp. canola oil or olive oil
- 4 tbsp. salt
- 1 tbsp. ground black pepper

For the **Rutabaga Fries**, you use the same method of cooking. Rutabagas must be peeled. After they are peeled you slice them into a "French fry" shape, toss them in corn oil or canola oil, salt and pepper generously, spread them out on a sheet pan that has been lined with parchment paper or aluminum foil. Put them in a 425°F oven and roast until golden brown and cooked all the way through.

Note: rutabagas and other root vegetables have more sugars in them than Idaho or Russet potatoes and thus tend to caramelize faster. So when cooking the rutabaga fries watch them carefully. If they tend to get too dark too fast, turn the oven down to about 375 or 400 F.

You can use this cooking method for any type of root vegetable and kids tend to love them. We have used it on rutabagas, turnips, parsnips, carrots, celeriac and sweet potatoes.