

Homemade Oven Chips / Wedges



Simple Healthy Homemade Oven Chips / Wedges

This simple recipes for oven chips is much more healthy than the standard deep frying method.

Ingredients:

700g fluffy potatoes

Olive Oil

Suggested Varieties:

King Edward, Maris Piper, most maincrop varieties, **Kestrel** or **Marfona** are good second earlies and early varieties like **Winston, Duke of York** or **Swift**.

Method:

Pre heat oven to 220°C (200°C Fan oven) or Gas Mark 6.

Cut potatoes into 1cm thick chips or wedges if you prefer. They can be peeled or not depending on your preference.

Wash and dry well on kitchen paper.

Place on a non-stick oven tray, season to taste and then drizzle with olive oil.

Bake for 35 minutes, turning a few times during this time.

Alternative method:

Some people prefer to put the cut chips/wedges in boiling salted water for about 8 minutes, then dry them off and follow this with seasoning to taste and a coating of olive oil. This then requires about 30 minutes on a baking tray in the oven. This will probably produce crisper results?

Tips:

Try adding cayenne pepper or try other spices during seasoning for a more interesting version!