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TARO ROOT FRIES



This healthier version of French fries is crisp, crunchy, and with a sweet, natural nuttiness. Dig in!



01 HR 05 MINS



Serves 2



Featuring

[Yia Moua Farm](#)

[Three Brothers](#)

[Borba Family Farms](#)

[Thai Yang Mai Vue Xiong Farm](#)

INGREDIENTS

- 1 pound taro root
- 2 tablespoons olive oil
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1/2 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper (optional)
- Sea salt , to taste

METHOD

To bake:

Preheat the oven to 425°F. Line a baking sheet with parchment paper.

Trim the ends of the taro root and pee. Use a vegetable peeler or cut off the skin with a knife. Use disposable gloves when peeling or coat hands with cooking oil or vinegar to avoid irritation.

Cut taro into fries. Rinse and pat dry. Transfer fries to a large bowl. Add olive oil and spices except salt then toss well to coat.

Arrange taro fries in a single layer on a parchment-lined baking sheet then bake for 30 minutes, until golden brown, flipping halfway through.

Sprinkle with sea salt while warm and enjoy.

Air Fryer:

Toss fries with olive oil and spices except salt in a large bowl. Air fry at 400°F for 20 minutes, shaking after 10 minutes, and once more after another 5 minutes, until golden brown. Sprinkle with sea salt and enjoy.

Try this **Homemade Curried Ketchup** with your fries.

- 6 cups tomatoes
- 1/2cup apple cider vinegar
- 1/4 cup brown sugar
- 1 whole garlic clove
- 1 teaspoon garlic powder
- 1/8 teaspoon celery seeds
- 1 teaspoon salt
- 1/8 cup chili powder or cayenne pepper
- 1 tablespoon curry powder
- 1/4 teaspoon black ground pepper

Wash tomatoes and remove stems. Add to a large bowl and blend with an immersion blender. Pass through a sieve to remove seeds and skin. Add tomato puree to a large saucepan over medium heat; boil and reduce for about 45 minutes. Stir occasionally. Stir in remaining ingredients. Cook for another 10 minutes, stirring occasionally.

Remove from heat when it achieves your desired consistency. Let it cool down; transfer to an airtight container or jar and refrigerate for up to a month.

Another great sauce to serve with these is**Avocado Crema!**

- 2 avocados

- 1/2 cup chopped fresh cilantro
- 1/2 jalapeño pepper
- 4 cloves garlic
- 1/2 cup sour cream
- 1 lime, juiced
- 4 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Place all ingredients in a food processor or blender. Process until smooth, stopping to scrape down the sides a few times. Can be left chunky based on preference.

Serve or chill for an hour. Cover leftovers tightly and place in refrigerator for up to 5 days.