

# How to Freeze Homemade French Fries

By Maria Arnold

Whether you grow your own potatoes, purchase in bulk from the farmer' market, or snag a great deal at the supermarket, a day of prep can fill your freezer full of potato French fries ready to bake or air fry quickly for meals.

American

freeze french fries



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PREP	COOK	TOTAL	SERVINGS
<b>15 min</b>	<b>15 min</b>	<b>30 min</b>	<b>4</b>

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## Nutrition (per serving)

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CALORIES	PROTEIN	CARBS	FAT
<b>213 kcal</b>	<b>5 g</b>	<b>43 g</b>	<b>3 g</b>
FIBER	SUGAR	SODIUM	
<b>3 g</b>	<b>1 g</b>	<b>540 mg</b>	

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## Ingredients

- **2 pounds** russet potatoes ((or any amount)
- water
- several trays of ice cubes

- avocado oil spray (for baking)
- salt and seasoning of choice

## **Instructions**

1. Scrub your potatoes, peel, rinse well, and pat dry with a kitchen towel.
2. Fill a large bowl with cold water.
3. Cut the potatoes into 1/2-inch fry shapes. Place the cut potatoes in the bowl of cold water as you work.
4. Bring a large pot of water to a boil over high heat. While the pot is heating up, fill a large bowl with cold water and ice.
5. Working in batches, blanch your fries by dropping them into the boiling water. Boil each batch for 2 to 5 minutes, or until the interiors are soft.
6. Remove the blanched fries and drop them into the ice water. Let cool for at least 15-minutes.
7. Remove and dry well with a clean kitchen towel.
8. Lay the blanched fries out in a single layer on a parchment lined sheet pan and flash freeze for about 1 hour.
9. Once frozen, place the frozen fries in a zipper bag, and store for up to 3 months in the freezer. Keep the fries frozen until you cook them.