

# Canada Agriculture and Food Museum

## Tasty oven fries

### Apprentice chef sprouting experiments recipe

- 4 to 6 sweet potatoes (choose long, thin ones, which are easier to slice)
- 30 ml / 2 tablespoons olive oil
- 2.5 ml / ½ teaspoon Salt
- 5 ml / 1 teaspoon Fresh garlic, minced
- 5 ml / 1 teaspoon Paprika
- 2.5 ml / ½ teaspoon black pepper

## Equipment

- chopping board
- large sharp knife
- 2 large bowls
- measuring spoons
- clean dish towels, or paper towel
- parchment paper
- cookie sheet
- small bowl



## Preparation

1. Rinse the sweet potatoes under running tap water while rubbing by hand or scrubbing with a clean brush. Dry them with a clean cloth or paper towel.
2. Place sweet potatoes on the chopping board and use the knife to slice them into shapes like fries.

**Be careful when cutting the sweet potatoes.** If necessary, ask an adult to help you.

3. Preheat the oven to 200°C (400°F). Grease a cookie sheet, or cover it with parchment paper.
4. In a large bowl, mix the oil, salt, garlic, paprika and pepper.
5. Add the sweet potato pieces to the oil and spice mixture and stir.
6. Spread the sweet potato pieces on the cookie sheet, making sure they don't overlap.
7. Bake for 20 minutes. Turn the fries over. Increase the oven temperature to 230°C (450°F) and bake for a further 15 to 20 minutes; baking time will vary, depending on your oven. Take the fries out when they are well done, crispy and starting to brown.
8. Let the fries cool for a few minutes before serving with your favourite dipping sauce.

**This lesson plan was produced by the Canada Agriculture and Food Museum.**

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