

5 STEP TATER TOTS

Many make-at-home Tater Tot recipes call for lots of ingredients and techniques and fuss that usually is not worth all the effort – not when you can just buy a bag of them pre-fried and then simply bake them off in the oven, right? Well here is a recipe that is just 3 ingredients in 5 steps! With a little bit of effort and some time, you too can have wonderfully crispy fried morsels of potato that yield a fluffy and light interior. You will need a couple of kitchen items: a food mill to “rice” the cooked potato, and a large sturdy piping bag with a large round piping tip. (I prefer a canvas piping bag and stainless-steel tips, available at Cash & Carry in West Nashville, or online) The other factor making this recipe work is the starch content of our red potatoes: useful for holding their shape in a potato salad but also for holding together once riced for deep frying.

Ingredients

Potatoes

Oil

Salt

Directions

1. Peel the potatoes and cut into even pieces 2 inches cubed approximately, or evenly matched to the smallest size potato. Boil potatoes in salted water for 18 – 22 minutes or until a paring knife easily pierces all the way through. Strain off the water and allow the pieces to steam dry for 10 minutes.
2. Use food mill to force the potato through the strainer and create small even sized pieces – this is called “ricing” as the result sort of looks like rice, and it ensures that there are no large lumps to get stuck in the tip of the piping bag.
3. Lay out a sheet of plastic wrap onto a baking sheet and lightly grease with pan spray. Place all potato (or as much as you can fit) into the bag and twist the end to begin piping. Exert even pressure to extrude the potato evenly across the wrap in long strips.
4. Use a paring knife to cut into inch long lengths and then place in a freezer for about 15 minutes. This is the most important step because if the tots are not slightly frozen on the outside they will disintegrate when frying in oil.
5. Heat frying oil to 375F and lower about one dozen tots in at a time and fry until golden brown, about 2 minutes maximum. Use a strainer to remove them from the oil and transfer onto paper towels to drain of excess oil. Also sprinkle them with salt at this time. To make a whole batch before serving, pre-heat an oven to 300F to hold them in whilst finishing the rest. And be sure to keep the remaining un-fried tots in the freezer between batches!