

Baked Sweet Potato Fries

Crispy baked sweet potato fries with perfect seasoning. Easy oven-baked recipe with cornstarch coating for extra crunch. Ready in 40 minutes!

10 min

PREP

40 min

COOK

50 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 3 sweet potato
- 2 tbsp olive oil
- 1 tbsp corn starch
- 1 tsp rock salt
- 1 tsp black pepper
- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp oregano

Instructions

- 1 Prepare the potatoes**

Preheat oven to 425°F (220°C). Peel the 3 sweet potatoes and cut into ½-inch thick fries, keeping pieces uniform in size for even cooking.
- 2** Submerge cut fries in cold water and soak for 30 minutes to remove excess starch. Drain completely and pat dry with paper towels until no moisture remains.
- 3 Season and coat**

Combine 1 tablespoon cornstarch, 1 teaspoon salt, 1 teaspoon black pepper, 1 teaspoon garlic powder, 1 teaspoon paprika, and 1 teaspoon cayenne pepper in a large bowl.
- 4** Add dried fries and 2 tablespoons olive oil to the bowl. Toss with your hands until each fry is evenly coated with oil and seasoning mixture.

5 Bake

Arrange fries in a single layer on a parchment-lined baking sheet with space between each piece to prevent steaming. Bake for 20 minutes without opening the oven door.

6 Flip each fry with a spatula and bake for 15-20 minutes more until golden brown and crispy on the edges.

7 Remove from oven and let rest on the baking sheet for 5 minutes to finish crisping. Serve immediately while hot.

Tips

Choose firm sweet potatoes with smooth skin and no soft spots. Avoid potatoes with wrinkled skin or dark spots, as these indicate age and will result in less crispy fries.

Soak cut potatoes in cold water for at least 30 minutes to remove excess starch. This step is crucial for achieving maximum crispiness and preventing the fries from sticking together.

Pat the soaked potatoes completely dry with paper towels before seasoning. Any remaining moisture will create steam in the oven, preventing proper browning and crispiness.

Don't overcrowd the baking sheet. Arrange fries in a single layer with space between each piece to ensure even air circulation and proper browning on all sides.

Flip the fries halfway through baking to ensure even browning. Use a spatula to carefully turn each fry, maintaining the single-layer arrangement.

Let the fries rest on the baking sheet for 5 minutes after removing from the oven. This allows them to finish crisping and makes them easier to remove without breaking.

For extra crispiness, increase oven temperature to 425°F for the last 5-10 minutes of baking, watching carefully to prevent burning.

Store leftover seasoning mixture in an airtight container for up to 6 months. This blend works well on roasted vegetables and grilled meats too.