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Fries Like No Other

X Posted January 28th, 2008 by cecla

French fries are one of the great American foods, with an international cachet as well...from the twig-figured, bendy type that come with steak frites, to the pale, canoe-shaped variety of English fish and chips, and the knobby-textured wedges alongside ribs, they are an integral part of adding crispy carbohydrate flavor to a protein dish. If you are jonesing for that fried potato taste but don't want an oil-fest, try the flash-baked "AirFries" at KnowFat, the healthy fast food joint whose menu also includes healthy burgers, wraps, and sandwiches (located at Downtown Crossing and at the LandMark Plaza, downstairs from the Fenway Regal Cinema).

Although they are cooked in an oven, Air Fries are very different from the trans-fat-glutted Ore-Idas of school cafeteria memories -- the potatoes are placed on an oil-glossed tray, and then quickly baked with a 500 degree blast of hot air. Gossamer-weight and slender, the fries have a crunchy outside giving way to a mushy, fluffy interior...while not entirely greaseless, the deletion of several ounces of fat per fry, by not submerging them in any liquid, yields the light texture, and concentrates the density in taste instead (they contain 2g of saturated fat, about as much as some energy bars). You could eat a whole plate of this fun finger food while using just one napkin...if your New Year's resolutions included being more virtuous (but not austere), food-wise, this is the dish for you.

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