

Lan's Sweet Potato Fries

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
sweet potato	1	
coriander seeds	1 tsp	
fennel seeds	1 tsp	
black peppercorns	1 tsp	
salt	1 tsp or more	
unrefined coconut oil	1 TBLSP	or olive oil

- Put a cookie sheet into the oven and preheat it and the oven to 425 deg F.
- Wash & dry the outside of the sweet potato.
- Crush coriander seeds, fennel seeds, & black peppercorns with mortar and pestle, then mix a teaspoon of salt into the crushed seeds.
- Slice the potato long-ways into rectangle shapes, about half an inch wide and as long as the potato.
- In a large bowl, toss the fries with 1 TBLSP either olive oil or coconut oil. Gently rub each fry to ensure an even coating of oil. Then add the spices and gently distribute them evenly with your hands.
- Place the oiled, spiced fries on a sheet of foil or parchment paper so that they do not touch each other. Place the sheet of fries onto the pre-heated cookie sheet in the oven.
- Bake for 15 to 20 minutes, or until browned at the edges.

NOTE: You can also use a jewel yam or a Japanese sweet potato.