

CAJUN OVEN FRIES

Yield 100

Portion 4 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
108 cal	24 g	2 g	1 g	0 mg	139 mg	17 mg

Ingredient

COOKING SPRAY, NONSTICK
 POTATOES, WHITE, FRESH, WEDGED
 SEASONING, CAJUN

Weight

2 oz
 25 lbs
 8 oz

Measure

1/4 cup 1/3 tbsp
 4 gal 2-1/8 qts
 1-1/2 cup

Issue

Method

- 1 Lightly spray sheet pans with non-stick cooking spray. Divide potatoes equally between the sheet pans. Lightly spray potatoes with non-stick cooking spray.
- 2 Using a convection oven, bake at 350 F. with fan on, vent open, for 20 minutes.
- 3 Remove from oven. Spray again with non-stick cooking spray in order for seasoning to stick to fries. Sprinkle potatoes generously with Cajun seasoning.
- 4 CCP: Hold for service at 140 F. or higher. For best results progressively cook Cajun Oven Fries in batches.