

The Story of Potatoes Brabant



Potatoes Brabant are a New Orleans favorite. They call them New Orleans fries.

I have seen them seasoned several ways. I think each restaurant has their own signature version. The first time I came across them was in reading a Southern cookbook and looking for menu items for a dinner party. That was about 30 years ago. The ones I made the first time were dusted with Parmesan, sea salt and pepper. Those have been my favorite ever since. The trouble with traditional potatoes Brabant is they are a pain to make. I'll lay out the traditional recipe that I followed here and then I'll offer up my simple version made in the air fryer.

I use small, golden yellow potatoes, washed and unpeeled. You cut them into small cubes. Maybe a 1/2" across. A fistful will serve one person so, that might be two potatoes. Then you lightly boil them in water. You want to get them almost cooked, it takes less than 10 minutes, then drain them. Then heat peanut oil in a tall sauce pan and fry them in batches. Drain them on paper towels. Dust them with grated Parmesan cheese and add your sea salt and pepper. Serve immediately.

If you are making these and trying to coordinate a whole dinner

party this can get pretty tricky. They are best served as soon as they come out of the fryer, so you have to move fast and everything else has to be ready.

I didn't serve these very often at parties. And now you see why.

Potatoes Brabant- Air Fryer



Cheers,