

**Valentine**   
SWISS MADE

Recipe n°11

# BEEF FAT FRENCH FRIES & SAUCES

Prepared with the Valentine TF3 fryer  
by Chef Philippe Lignon





Valentine presents a recipe created by Chef Philippe Ligron

## RECIPE N°11

# BEEF FAT FRENCH FRIES

### FOR 4 PERSONS

|                  |        |
|------------------|--------|
| Preparation time | 30 min |
| Cooking time     | 3 min  |

### Ingredients

|                |         |
|----------------|---------|
| Agria potatoes | 400 g   |
| Beef fat       | 800 g   |
| Salt           | 1 pinch |

### Material needed

|                     |
|---------------------|
| Valentine TF3 fryer |
| Absorbant paper     |

### METHOD



- Peel and cut the potatoes into sticks. Rinse with cold water and dry with a kitchen towel or absorbant paper.
- Pass the beef fat through a meat grinder.
- Melt the fat in a saucepan, then pour it into the Valentine TF3 deep fryer.
- Blanch the potatoes at 165°C, then leave to cool on absorbent paper.
- Cook them a second time at 185°C until golden brown.
- Serve hot with a tartar sauce or a homemade ketchup sauce!
- When the fat has cooled down, but before it hardens, pour it back into the saucepan.

### IMPORTANT

Never melt solid fat in the deep fryer, risk of fire!

Enjoy your meal!





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## RECIPE N°11 SAUCES

### FOR 4 PERSONS

#### HOME MADE KETCHUP SAUCE

|                  |        |
|------------------|--------|
| Preparation time | 20 min |
| Cooking time     | 40 min |

#### Ingredients

|                     |           |
|---------------------|-----------|
| Fresh tomatoes      | 250 g     |
| Peeled shallott     | 1 piece   |
| Fresh garlic        | 1 clove   |
| Red kitchen vinegar | 0.5 dl    |
| Honey               | 1 TS      |
| Salt                | 2 pinches |
| Pepper              | 1 pinch   |
| Cloves              | 1 pinch   |
| Chilli paste        | 2 g       |

#### HERB SAUCE

|                  |        |
|------------------|--------|
| Preparation time | 15 min |
|------------------|--------|

#### Ingredients

|                                     |           |
|-------------------------------------|-----------|
| Sour cream sauce<br>15% fat         | 150 ml    |
| Peeled shallott                     | 50 g      |
| Fresh garlic                        | 1/2 clove |
| Parsley                             | 50 g      |
| Salt                                | 1 pinch   |
| Pepper                              | 1 pinch   |
| Spices of your choice<br>(Optional) | 1 pinch   |

### METHOD

#### HOME MADE KETCHUP SAUCE

- Halfen the tomatoes crosswise, remove the seeds and excess liquid and crush them.
- Chop the shallots and the garlic and let them sweat in a pan.
- Add the honey. Leave to cook until it begins to brown.
- Add the vinegar. Let reduce until almost dry.
- Add the crushed tomatoes and cook over low heat for about 40 to 50 minutes.
- Blend to obtain a homogeneous mass.
- Leave to "stew" according to the desired consistency.
- Add the spices and adjust the seasoning.
- Serve cold!

#### HERB SAUCE

- Wash and chop the parsley, set aside.
- Peel and finely chop the shallots, set aside.
- Peel and chop the garlic, set aside.
- Mix all the ingredients and season to taste!





## DID YOU KNOW?

We cannot talk about a deep fryer without speaking about French fries.

We cannot talk about French fries and not talk about... Belgium!

A few years ago, at a conference in Brussels organized by the Brussels Tourist Office, Belgian and French gastronomic historians met to try to appropriate to themselves the invention of the French fries.

I was invited as a Swiss gastronomic historian in order to, in a way, be the referee of this historical gastronomic contest about the origin of the French fries; a question that seemed quite trivial and humorous to me; at least... This is what I had imagined before I arrived there...

It was clear that I had totally underestimated the symbolic value of the origin of the fries, especially for our Belgian friends represented by a horde of fritkots (= owner of a chip shop) unleashed and passionate about such a question!

In these moments we really realize how much "History" means to each of us in a world where everything goes very fast, too fast sometimes!

The old cookbooks gave us the answer to this terrible question: Are the fries Belgian or French?

The first written records relating to the cooking of potato pieces in fat spoke of... Paris and the Pont-Neuf bridge. Can we therefore deduce that the origin of the French fries would be Parisian?

At this point in the explanation, I am at the limit of the culinary blasphemy, even insulting these wonderful Belgians who have no equal in self-mockery; what beautiful people!

I therefore made the wise decision to say that: "If the origin seems to be French, the real father is not the "birth father" but rather the one who nourishes and raises the product. What a nice pirouette I did, which probably saved me from the collective lynching!

To finish this presentation, I wanted to tell you that I discovered on that occasion this wonderful world of belgian fritkots and I tasted exceptional French fries there; pre-cooked in horse fat and colored in beef beef fat. You absolutely have to discover this once in your life!

Philippe Ligron