Sweet Potato (Ngwaci) And Arrowroots (Nduma) Fries

Ingredients:

2 kgs sweet potatoes

2 kgs arrowroots

4 tablespoons corn starch

1 teaspoon salt

4 tablespoons extra-virgin olive oil/coconut oil

Optional spices: freshly ground black pepper, cayenne pepper and garlic powder

1. Preheat oven to 220 degrees C. Line your oven baking sheets with parchment paper.
2. Peel sweet potatoes and arrow roots and cut into fry-shaped pieces. If prepping, place the fries in a bowl large enough to contain them and fill with water. This is to prevent browning. They can last up to 2 days. Remove from water and pat dry with tea towel before baking.
3. When baking transfer fries to baking sheet. Sprinkle with corn starch and salt and toss to make sure each fry is lightly coated in powder.
4. Drizzle olive oil over the fries and toss until lightly and evenly coated and no powdery spots remain.
5. Arrange your fries in a single layer and do not over crowd otherwise they will not crisp up. Bake for 20 minutes, flip and bake for a further 18 minutes or until crispy.
6. If desired, toss with seasonings of black pepper and garlic powder.
7. Serve warm with a warm or cool drink and fried eggs. Left overs can keep well in the fridge for unto 4 days. To retain their crispiness, reheat in the oven until warmed through and crisp.