

Lotus Chips

Swick

Serves 1 | Active Time: 15 minutes | Total Time: 15 minutes

Step 1: Preparing Your Mise en Place

- 2 lotus roots
- oil for frying

In an electric deep fryer or heavy-bottomed pot, add enough oil until it reaches about 1/3 of the way up the vessel. Slowly preheat the oil over low heat until it reaches 375 degrees Fahrenheit (190 degrees Celsius).

While the oil is heating, wash and peel the lotus root and then thinly and evenly slice. You can use a mandoline to do this. Place the lotus root into a bowl of cold water to rinse off the excess starch and to prevent oxidization. Before you are ready to fry, drain and completely dry the lotus root with paper towels.

Step 2: Frying & Serving the Lotus Chips

- sea salt (to taste)

Make sure the lotus chips have been patted dry.

Once the oil is at the proper cooking temperature, use a spider or strainer to lower a handful or so of chips into the oil. Let cook until evenly golden, about 1 to 2 minutes. Transfer to a cooling rack lined with paper towel to drain. Immediately season with salt to taste and serve.