

# McCain Ski Fries With Mulled Cider Vinegar

## Ingredients

Product	Quantity
Healeys Cornish Apple Juice 750ml	500.00 g
De Nigris Organic Apple Cider Vinegar 500ml	700.00 g
MENU SIGNATURES STAYCRISP SKIN ON THIN FRIES (NEW BATTER 4X 2.27KG)	500.00 g
Tree of Life Fine Sea Salt 750g	250.00 g
Yushoi Inclusions Fire Roasted Chipotle 85g	25.00 g
Cayenne Pepper 470g	10.00 g
Smoked Paprika	10.00 g
Fennel Seeds 250g	10.00 g
Small Dried Birdseye Chilli	4.00 g
Coriander Seeds 200g	4.20 g
Cofresh Crushed Ginger Cubes 400g	50.00 g
Whole Star Anise	5.00 g
Greens Thyme 8 x 250 g	2.00 g
Cinnamon Sticks	3.00 g
Birch Sap	35.00 g
Kerala Whole Cardamom Pods 4*400g	2.00 g
Fudco Mustard Seeds Brown 100g	4.00 g
Ground Nutmeg	2.00 g

Serves: 8

## Allergy Information

Key: Contains May Contain

Does Not Contain Cereal	Does Not Contain Gluten	Does Not Contain Milk	Does Not Contain Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	Does Not Contain Crustaceans	<b>Contains Mustard</b>
Does Not Contain Fish	Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery	Does Not Contain Soya	Does Not Contain Molluscs	Does Not Contain SO2	

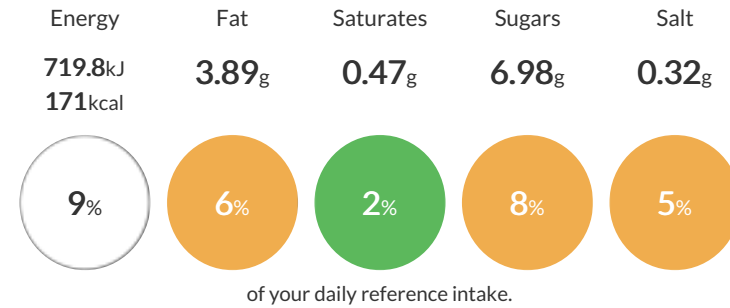
## Dietary Information

Key: Suitable for

May not be suitable for Vegetarian	May not be suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal
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## Reference Intake

Each serving contains:



## Nutritional Summary

Energy	719.8kJ 171kCal
Protein	2.88g
Carbohydrates	27.06g
of which sugars	6.98g
Non Milk Extrinsic Sugars	0g
Fat	3.89g
of which saturates	0.47g
Fibre	3.15g
Salt	0.32g
Sodium	0g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

## Method & Recipe Notes

1. Pre-heat oven to 230°C. 2. Apply smoked salt mix to 500g of chips. 3. Spread a single layer of fries onto a baking tray and pop it into the top of the oven. 4. Bake for 15 - 18 minutes, turning them every now and again until they're lovely, crisp, light and golden. 5. Serve with Mulled Cider Vinegar.

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