

## RECIPE: GREEK SWEET POTATO FRIES

This recipe is simple, yet it packs a big punch of flavor and pairs perfectly with our Sonoma Coast Chardonnay. I must give credit to Katie from the Kitchen Door for the following:

Author: Katie Morris of [Katie at the Kitchen Door](#)

Prep time: 1 hour 10 mins

Cook time: 25 mins

Total time: 1 hour 35 mins

Serves: 4

### INGREDIENTS

- 2 large sweet potatoes
- 2 TBS olive oil
- 1 TBS canola oil
- 1 tsp minced fresh oregano leaves
- Freshly grated black pepper
- Sea salt
- 1 TBS fresh lemon juice
- 1 TBS minced fresh parsley leaves
- 2 oz. ricotta salata, Mizithra, or other crumbly hard cheese, crumbled into small pieces



### INSTRUCTIONS

1. Peel the sweet potatoes, then cut them into evenly sized pieces, about 4 inches long and 1/2 inch thick.
2. Place the cut potatoes in cold water and let soak for 30-60 minutes, then rinse and drain (soaking the fries is optional – it will help remove starch and allow the fries to become more crispy, but if you don't have time to soak them, it's OK to skip this step).
3. Preheat the oven to 425F.
4. Toss the fries with the olive oil, canola oil, oregano leaves, and a few good turns of black pepper.
5. Spread the potatoes out in a single layer on a dark, non-stick baking sheet and place in the oven. Roast for 15 minutes, then remove from the oven and flip once, and roast for another 10-15 minutes, or until the potatoes are beginning to crisp and darken on the outside and are tender inside.
6. Remove the fries from the oven and immediately season generously with sea salt. Drizzle lemon juice and fresh parsley over the top of the fries and toss to coat the fries. Transfer to your serving dish and sprinkle the fries with the crumbled cheese. Serve immediately.

## **Wine Pairing:**

Blue Rock Chardonnay, Sonoma Coast.

This pairing plays to Chardonnay's impression of sweetness with ingredients such as corn, butternut squash, sweet potatoes and foods that are caramelized from roasting or grilling, like crisp-skinned roast chicken. The umami characteristic of the wine, pairs quite nicely with the umami from fries and cheese.