

MICHELLE DUDASH DISH WITH DUDASH

# Throw fries on the grill with burgers and hot dogs



If you're already grilling burgers, brats or hot dogs, you may as well throw some fries on there, too. Trust me, your friends and family will devour them like mine do.

The magic of grilling fries is that they take half the time to cook compared to the cooking in the oven. Blanching them in the microwave first, as I do in this recipe, results in a crispier fry. If you prefer to skip that step and don't mind sacrificing a bit of crispiness, simply soak them in water for 30 minutes first.

The homemade ketchup lets you to sidestep bottled varieties filled with high-fructose corn syrup and instead upgrade to one sweetened with honey and specked with pickles. This recipe will give you twice as much, so it can double as a condiment for burgers or hot dogs.

*Dudash is a Scottsdale-based registered dietitian, chef and creator of CleanEatingCookingSchool.com.*

## Smoky Grilled French Fries with Pickled Ketchup

**Prep time:** 10 minutes.

**Cook time:** 15 minutes.

**Servings:** 4 (with 2 tablespoons ketchup)

### For the fries:

**2 medium russet potatoes, scrubbed clean**  
**1 tablespoon expeller-pressed canola or grape seed oil**

**½ teaspoon smoked paprika**  
**¼ teaspoon salt**

Preheat the grill on medium heat, about 400 degrees F.

Cut the potatoes into long, ¼-inch wide fries, trimming any extremely pointy tips, to prevent burning. Place in a shallow 8-by-8-inch baking dish and cover completely with water. Microwave about 5 minutes (see note), until the water begins to simmer and potatoes become hot and a bendable, but not soft or cooked through. Drain well, spread out on paper

towels and blot dry. Dry the baking dish and add the potatoes back in. Drizzle and toss with oil.

Lightly oil the grill or grill basket. Place the fries in a single layer perpendicular to the grill grates to prevent them from falling in, or place them in an even layer in a grill basket. Grill until golden on one side, about 6-8 minutes. Turn about five at a time using tongs and grill until golden, about 6-8 minutes. Remove from grill and sprinkle with paprika and salt. Note: Alternatively, you can blanch the potatoes briefly in boiling water.

### For the ketchup:

**1 (6-ounce) can tomato paste**  
**2 tablespoons dill relish or minced dill pickles**  
**1 tablespoon pickle juice**  
**2 teaspoons honey**  
**¼ teaspoon salt-free garlic and herb all-purpose seasoning**

Combine all of the ketchup ingredients. Serve the fries with the ketchup.



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