

Baked 'Ulu Fries

INGREDIENTS

AMOUNT	INGREDIENT/PREP
1pc ~2#	Firm Ulu, quartered, deseeded *Skin on or off
2Qt	Water
1/2tsp	Baking Soda
2Tbsp	Kosher salt
~3-4pc	Garlic clove, sliced thin
1Tbsp	Fresh Rosemary, chopped
3-4Tbsp	Olive oil
to taste	Coarse Sea salt & fresh cracked pepper

METHOD *OVEN @425

1. In a pot, get the water to a rolling boil, then add baking soda and kosher salt. Place a cookie sheet or sheet pan in the oven to preheat.
2. Large dice your 'ulu, and place it carefully into your pot.
3. Bring the water back up to a boil, then reduce to a simmer.
4. Simmer until a paring knife inserts smooth, about 10-12 minutes, drain 'ulu well, then immediately transfer into a large bowl. Use a fork to move the ulu around, breaking up the outer layer of 'ulu.
5. In a sauté pan, cook garlic and rosemary with olive oil on medium heat until garlic begins to brown lightly. Strain oil into the bowl of 'ulu, reserving garlic and rosemary.
6. Toss ulu one more time, seasoning with a little more. kosher salt and cracked pepper.
7. Open your oven and carefully place seasoned 'ulu onto the preheated sheet pan.
8. Let it go for about 20 minutes, then carefully turn 'ulu with a spatula.
9. Bake for 20 more minutes until brown and crispy, toss with garlic and rosemary, adjust seasoning and serve.