

French fries were first introduced to the United States by Thomas Jefferson as “Potatoes fried in a French manner.”

A FUN FACT GUIDE TO:



FRENCH FRIES

KINDS OF FRENCH FRIES

STANDARD



WEDGE



CURLY



MATCHSTICK



BELGIAN



STEAK



WAFFLE



CRINKLE



KINDS OF DIPS



KETCHUP



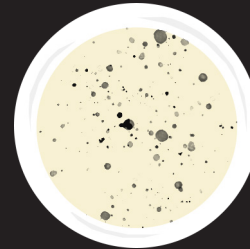
MAYONNAISE



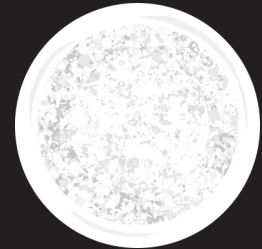
MUSTARD



BBQ



RANCH



SALT

FRENCH FRIES ORIGINATED IN FRANCE.



The French really hated potatoes and held the view that they were riddled with diseases. So, people in France did not eat them. ¶ Potatoes that grew in France were all fed to animals. It once happened that a medical officer from the French Army was thrown in prison as a Prisoner of War. ¶ As a punishment, he was forced to eat potatoes. Surprisingly, his punishment led him to make an interesting discovery! The potatoes were not riddled with diseases! ¶ Once released, he started advertising potatoes and advocated that potatoes should be eaten. It was difficult to get rid of the long-nurtured belief. However, he continued and ended up farming potatoes on his own. ¶ In 1785, a terrible famine struck France. Driven by hunger and running short on food supply, they started devouring potatoes. That's when they learned different uses of potatoes and learned how to fry them. —————

FRENCH FRIES ORIGINATED IN BELGIUM.



The Belgians back in the day loved small fish captured from the river. They would catch them, fry them, and would then eat them. ¶ Unfortunately, the rivers froze during winter months, cutting off the supply of fish. With the water frozen, the Belgians couldn't fish anymore. ¶ They could barely stand the thought of not eating some of their favorite foods so they came up with a plan. ¶ Instead of fishing, they ended up slicing potatoes into long slices so as to mimic the shape of those small fish. They then would fry the sliced potatoes and eat them, creating a similar consistency. ¶ The potatoes in this way acted as a replacement for the fried fish in the winter months for the Belgians. ¶ It is said that this practice started way back in the 1600s. Whether or not these would be considered modern french fries or not, or if the French did it first, we might never know or agree on. —————

NOBODY CAN AGREE ON WHERE FRENCH FRIES WERE INVENTED.

McDonald's changed their French Fry recipe in 1992. • Multiple varieties of potatoes go into each batch of French Fries. • They're an original item. • McDonald's buys 3.4 billion pounds of potatoes each year. • McDonald's French Fries are not vegan.



McDonald's Fries are often considered the best of fast food french fries.

McDonald's uses seven percent of the United States's potatoes solely for their french fries. • The French Fries

used to not be vegetarian, as they were fried in beef tallow, but there was uproar and they changed to non-meat for frying. • French Fries are the most popular item on the menu.



Nutrition Facts

Belgians eat the most French Fries per person a year, eating on average 165 lbs of French Fries.

Average lbs. eaten per person a year

Americans

48

In a medium McDonald's Fries Order

Minutes of Cycling 58

Minutes of Bowling 90

Minutes of Aerobics 47

Leaving the skin on leaves important vitamins

1/4 of potatoes in the U.S are consumed as French Fries 25%

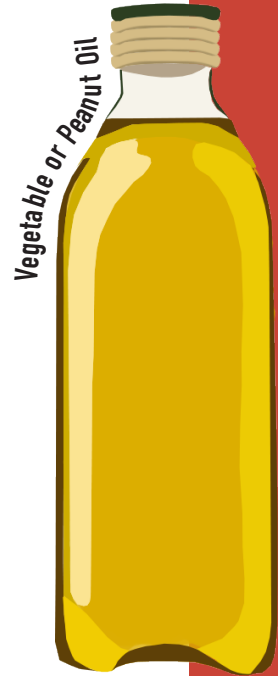
U.S National French Fry Day is July 13

Largest Serving of Fries (lbs.) 1003

McCain Food makes a third of the world's fries. They are the company that provides frozen fries to restaurants and grocery stores. In said grocery stores they are found in the frozen vegetables section. This is because they are considered by the USDA to be vegetables.

Introduced to the United States by: third president Thomas Jefferson who brought a recipe back from France, where he was an ambassador. He introduced them as "Potatoes fried in a French manner."

FRENCH FRY RECIPE

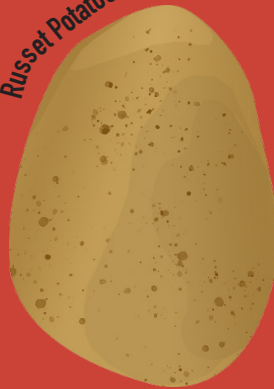


Vegetable/Peanut Oil for frying

As many Russet potatoes as are desired

Sea salt and/or your favorite seasoning

Russet Potatoes

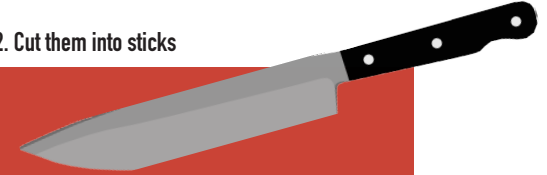
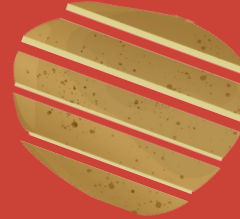


Sea Salt



1. Peel (optional), and Rinse the Potatoes

2. Cut them into sticks

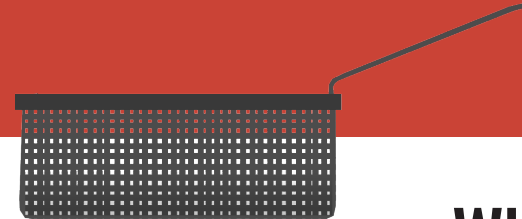


3. Place the sticks into a large bowl and cover them with cold water. Leave to soak for two to three hours.

4. Drain them and dab dry with paper towels.



5. In oil, heated to 300° F, fry the potatoes until soft. Remove and drain, and fry again until golden. Dry and season.



WHAT YOU NEED

WHAT TO DO

If you're looking for the best French Fry
experience head over to Brussels, Belgium,
which is said to be the place with the best fries
in the world!



Colophon:

Typeface: DIN Condensed, Alternate

Software: InDesign, Photoshop 2018

Designed By: Isabel Anguera



