

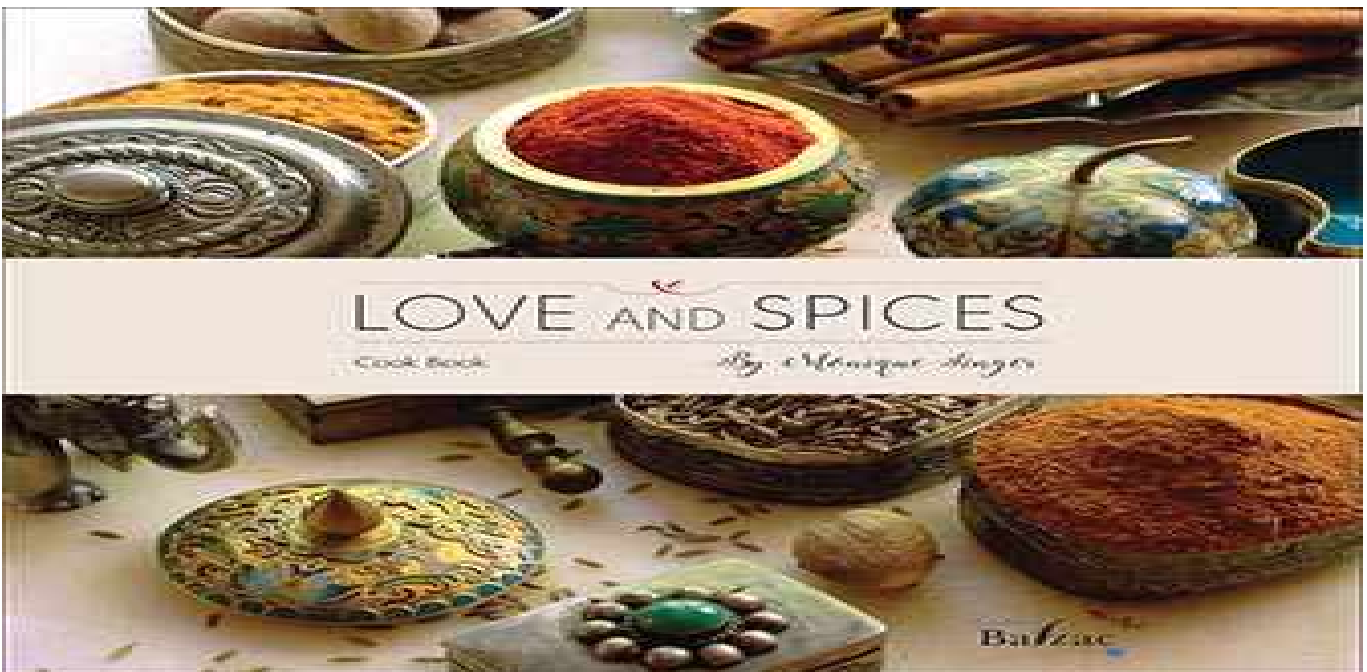


Love and Spices:
Seed-crusted roasted fries

Description

This Super Bowl-friendly snack can also be made with sweet potatoes

Recipe by **Monique Singer**



Westmount Magazine is proud to offer its readers sample recipes from [Love and Spices](#), a beautifully illustrated cookbook by **Monique Singer**. With this new series, you will discover some unique recipes dedicated to cooking with spices, from hors d'œuvres to desserts.

Monique Singer knows how to make people talk, sing and dance spices! From her earliest childhood, alongside her grandmother and sisters, she learned how to create a delicious and original cuisine with her senses, her hands and all her love.



From her family's table to the jet-set parties she has catered in New York, Los Angeles, Venezuela, Spain, Haiti, and Asia, regardless of the set-up, function, atmosphere or style, Monique's food has left its imprint on people's taste buds. Enjoy!

Seed-crusted roasted fries with mint pesto

Preparation time: 20 min | Cooking time: 35 min | Preheat oven to 400°F/200°C | Yields: 4 to 6 servings

- 4 large baking potatoes, peeled and cut into large fries
- 3 tbsp coconut oil
- 2 tbsp old-fashioned whole-grain mustard
- 1 tbsp black and white sesame seeds
- 1 tsp poppy seeds
- 1/2 tsp chilli powder
- 1/4 tsp sea salt

In a large bowl, combine the mustard, oil, salt pepper, chilli powder and seeds.
Toss in the fries.
Roast for 35 to 40 minutes, until crispy.

MINT PESTO

- 4 tbsp mint, chopped
- 2 tbsp capers, chopped optional
- 1 garlic clove, crushed
- 2 tbsp olive oil
- 1 lemon, juiced
- 1 lemon, zest, set aside
- Salt and pepper to taste

While the fries are baking:
In a food processor blend all ingredients.
Pulse leaving some texture.
Add oil, lemon, salt and pepper.
Remove from food processor.
Stir in the zest.
Place in a serving dish.
Serve with the roasted fries.

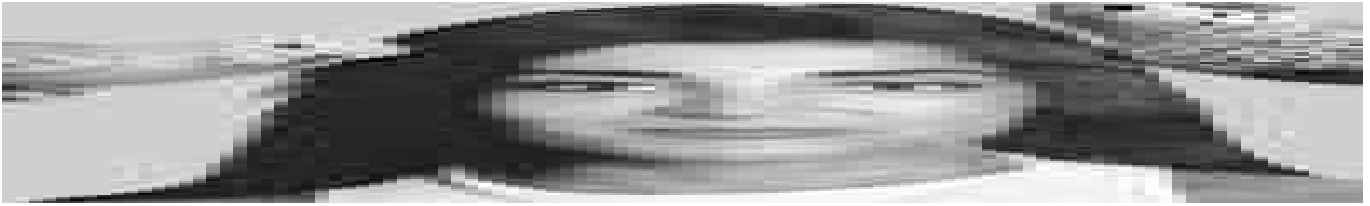
Can also be made with sweet potatoes.

Images: Anne Fillion

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Monique Singer is a cultural creator now based in Montreal, usually found travelling the world, experiencing other cultures and sharing what she finds most interesting. At the top of her food passion is her attraction for spices, their benefits and the distinctive flavour they bring to all dishes. [LinkedIn](#)



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