Prep Time	10 minutes
Soak/Dry Time	10 minutes
Cook Time	12–15 minutes
Total Time	30–35 minutes
Air Fryer Temperature	400°F (200°C)
Cooking Intensity	High Heat / Maximum Air Flow
Yield / Servings	4 servings (from ~2 lbs / 900g of potatoes)
Difficulty Level	Easy

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Ingredients & Equipment

Key Ingredients

- Potato Peels: Reserved skins from 4–6 large Russet or Yukon Gold potatoes (washed thoroughly before peeling).

- Olive Oil or Avocado Oil: 1.5 tablespoons (15 ml) for coating.

- Garlic Powder: ½ teaspoon.
- Smoked Paprika: ½ teaspoon.
- Fine Sea Salt: ½ teaspoon (adjust to taste).
- Freshly Ground Black Pepper: ¼ teaspoon.
- Garnish (Optional): Freshly chopped parsley, grated Parmesan cheese, or chives.

Recommended Dip

- Garlic Aioli or Spicy Mayo: Mix 3 tbsp mayonnaise, 1 tsp hot sauce or sriracha, ¼ tsp garlic powder, and a squeeze of fresh lemon juice.

Step-by-Step Cooking Instructions

1.Clean and Prepare the Potatoes:Prep Phase.

Scrub your potatoes thoroughly under cold running water using a vegetable brush to remove all dirt and debris. Pat them completely dry before peeling. Peel the potatoes in long, wide strips using a Y-peeler, leaving a thin layer of flesh on the skin for extra structure.

2.Soak and Dry for Ultimate Crispiness:Texture Optimization.

Submerge the potato peels in a bowl of cold water for 10 minutes to draw out excess surface starch. Drain well, then lay the peels flat on a clean kitchen towel or paper towels. Pat them thoroughly dry. Removing moisture is essential for getting chips instead of steamed, soggy

peels.

3.Season the Peels:Flavoring Phase.

Transfer the dry peels to a medium mixing bowl. Drizzle with 1.5 tablespoons of olive oil. Toss well until every peel is lightly coated. Sprinkle in the garlic powder, smoked paprika, sea salt, and black pepper. Toss again to distribute the spices evenly.

4.Air Fry at High Heat:12–15 min at 400°F (200°C).

Preheat your air fryer to 400°F (200°C) for 2 minutes. Place the seasoned peels into the air fryer basket in an even layer. Do not over-crowd the basket; cook in two batches if necessary. Set the timer for 12 to 15 minutes at High Intensity (400°F).

5.Shake the Basket Mid-Way:Crucial Step for Even Cooking.

At the 6-minute mark and the 10-minute mark, pull the basket out and shake vigorously to rearrange the peels. This ensures the hot air circulates evenly and prevents burning at the edges.

6.Garnish and Serve:Final Touch.

Once the peels are deep golden brown and crisp to the touch, transfer them directly to a serving bowl. Toss with freshly chopped parsley or grated Parmesan while still piping hot. Serve immediately with your favorite dip.

Chef’s Pro Tips for Success

- Choose Russets or Yukon Golds: Russet potatoes have thick, starch-heavy skins that produce the crunchiest results. Yukon Golds give a buttery, slightly sweeter flavor profile. Avoid thin red potatoes for this specific recipe as they burn more easily.

- Do Not Skip Drying: Excess surface moisture will turn into steam inside the air fryer basket, leaving you with soggy peels rather than crispy potato chips.

- Keep an Eye on the Last 3 Minutes: Because potato peels vary in thickness, check on them around minute 11 or 12. They can go from perfectly crispy to over-browned quickly.

Flavor Variation Ideas

- Ranch Seasoning: Omit the paprika and swap in 1 teaspoon of dry ranch dressing mix.

- Loaded Baked Potato Style: Top hot peels with melted cheddar cheese, real bacon bits, a dollop of sour cream, and sliced green onions.

- Cinnamon Sugar (Sweet Potato Version): Use sweet potato peels, toss with melted butter or coconut oil, and coat in cinnamon sugar after air-frying.

Detailed Nutritional Information

The following nutrition panel reflects 1 serving (approx. ¼ of the total recipe output), calculated using olive oil and standard Russet potato skins.

Nutrient	Amount Per Serving	% Daily Value (DV)
Calories	110 kcal	—
Total Fat	5.2 g	7%
Saturated Fat	0.7 g	4%
Trans Fat	0 g	—

Nutrient	Amount Per Serving	% Daily Value (DV)
Cholesterol	0 mg	0%
Sodium	290 mg	13%
Total Carbohydrates	14.5 g	5%
Dietary Fiber	2.8 g	10%
Total Sugars	0.4 g	—
Protein	1.8 g	4%
Vitamin C	12.2 mg	14%
Potassium	380 mg	8%
Calcium	18 mg	1%
Iron	0.9 mg	5%