

Chowhound

White Or Black Truffle Oil: Which Is Better For French Fries?



If you've ever had a plate of well-made truffle fries, odds are you ended up craving them again shortly after. The combination of crisp, salty fries with a truffle's earthy, aromatic flavors creates a multisensory indulgence — it's rich, umami, lightly garlicky, and, most importantly, easy to eat. A lot of folks, however, have a very good reason to **avoid ordering truffle-flavored anything at restaurants**: It often comes with a bloated price tag.

You can make truffle-flavored french fries at home for much cheaper (it's a great way to **elevate frozen fries**), but that opens up the question of which truffle oil to use. Most reputable brands offer both white truffle oil and black truffle oil, so which one goes best with deep-fried potatoes? Based on the **differences between white and black truffles**, your fries would work better with a black truffle oil. Antelmo Ambrosio, executive chef at luxury restaurant consultancy **Merchants Hospitality**, affirmed this in an exclusive with Chowhound.

"Since fries are crispy, hot, and can carry strong flavors, a black truffle works very well — its earthiness complements potatoes nicely and it won't be 'lost' or overwhelmed. Because fries tend to be more casual/hearty, black truffle is a somewhat safer and more workable choice," he explained. It also helps that black truffles are a lot more affordable than white ones, so oils that use real black truffles are more likely to be cheaper, too.

How to make the best homemade truffle fries

When you're making truffle fries at home, Antelmo Ambrosio suggested starting with a foundation of french fries made properly. Rinse the excess starch off of cut russet or American potatoes, dry them off, and then cook until crisp. Add the truffle oil only after the fries have cooked: "The delicate aroma of truffle is volatile and prolonged/heavy heat can degrade it. Truffle oil is best used as a finishing oil," he explained.

If you want to add seasonings and toppings to your truffle fries, Ambrosio recommended using grated Parmesan because its nutty, salty flavor profile pairs well with the earthiness of the truffle. You can also use freshly cracked black pepper and chopped parsley to balance out the oil's richness. Ambrosio's own recipe for Parmesan truffle fries involves a base of crisp Idaho potato wedges seasoned with sea salt, grated Parmesan, grated tartufo, chopped parsley, and finished with black truffle oil. To amp up the truffle flavor, you can sprinkle some truffle salt onto your fries. If you have access to real truffles, you can't go wrong with **homemade gourmet black truffle butter**. If budget really isn't a concern, Ambrosio also recommends splurging on more expensive white truffle oil or topping your fries off with real shaved truffles.