

A Fried Potato You Will Love

COLUMN BY
JESSICA MCMILLAN
STAFF WRITER

For the Potato Lovers here at Arkansas State University or someone that just wants to eat something that is fluffy with those hints of greasy and salty goodness. Then this recipe for easy fried mini melody potatoes may be just for you!

When I first made this recipe I looked at various food websites beforehand like Delish and A Southern Soul. I based my instruction and ingredients on what they did but with what I had on hand. I looked at different websites for two reasons. First, there isn't a singular way on how to cook a certain recipe. This is

proven when searching for a dish and you get hundreds of recipes back at you. Secondly, I was looking for a way to make something with the air-fryer that wouldn't take a long time to cook but would still be great to eat. What this recipe can bring is a way for other college students to have delicious snacks after working on homework for long hours.

What I used in my attempt at the recipe was a bag of Private Selection melody potatoes that are \$3.49 at Kroger. I had on hand a can of vegetable oil cooking spray and a half empty box of Ziploc bags. Finally, a few seasonings like garlic salt with dried parsley mixed into it, some ground black pepper and ground

red chili pepper that I made over the previous summer.

The end result was flavorful and they were gone before I knew it. The potato pieces were just the right saltiness with that nice crunch to it. Plus the inside of the potato was so smooth and fluffy. That only almost made me want to make another batch, if only I didn't have to get ready for class.

If you want to add your own spin, I would recommend adding in the spicy factor like ground red chili pepper, cayenne or any spicy seasoning you want. This recipe is very flexible in what you put into it like adding fresh herbs or adding the ranch seasoning packets for those ranch lovers.

Overall, when really looking

at what goes into it like prep and cook. I would suggest this recipe for the students who have a morning or evening to themselves. That way they could really enjoy the dish they made. The reason is that prep time would take about 5 minutes while cooking time would be between 10-15 minutes. So in reality, it would take 20 minutes to make this fried mini potato snack. However, most people would want to enjoy the dish instead of rushing through it. So this dish isn't for those who are about to leave for class or want to take something on the go. The fried potatoes are a nice little snack to have when you are wanting something different.



Photos By Jessica McMillan | Staff Writer

From left to right: potatoes before cooking in the air fryer, potatoes halfway through cooking and after shaking, final result.

Ingredients:

- 4-5 diced mini melody potatoes (can get a small bag of mixed potatoes at Kroger for \$3.49)
- 1-1½ Tbsp vegetable or olive oil
- A Ziploc bag or something to mix in like a bowl
- ½-1 tbsp garlic salt
- Dried herbs (optional)
- 1 tsp ground red chili pepper (optional and my favorite!)

Instructions:

1. Start warming up your air fryer at 400F.
2. Wash the mini potatoes and get rid of any sprouts that have grown.
3. Dry and cut up the potatoes into bite size pieces.
4. Grab a plastic bag and open it up to place the cut potatoes in.
5. Drizzle the vegetable within the bag and sparkle the garlic sauté and black pepper.
6. If you want herbs and red chile pepper.
7. Close the bag and shake till everything is covered well.
8. After that, grab the air fryer basket and pour in the coated potatoes.
9. Put the basket back into the air fryer and let it cook for 10 minutes.
10. Take the basket to shake and then cook for another 5-10 minutes.
11. Then check for doneness and color, if good then you are ready to go!

GROUNDLED Coffee Shop Review

COLUMN BY
LAURA CARTER
SPECIAL TO THE HERALD

Abigail Speights, a 22-year-old Jonesboro native, is the owner of a wonderful new coffee shop located in the heart of downtown Jonesboro. Speights was born and raised in Jonesboro until moving away to attend the University of Central Arkansas in Conway, Arkansas. Soon after graduation, Speights moved back to Jonesboro to pursue her dream.

After working in countless coffee shops and loving

every minute of it, Grounded was born. In June of 2021, Grounded, a small, local, woman-owned business located at 215 Union St. on the first floor of University Lofts in the heart of downtown Jonesboro and just six minutes from Arkansas State University opened its doors to the public.

As soon as Grounded opened its doors it became a place for people of all backgrounds to come together and escape the hustle and bustle of everyday life.

"I wanted to create a place for people to 'ground' themselves, and create a nice and enjoyable

environment," Speights said. "Grounded is a very relaxed place, a judgment free place, everyone is like a family here."

The new addition of sofas, tables and charging stations make it a prime location for local college students, families and anyone else who would be interested in a good time. Not to mention the 10% discount that is available to all Arkansas State University Students. Grounded is open Monday through Friday from 7 a.m. to 7 p.m., Saturdays 8 a.m. to 4 p.m. and even on Sunday from 8 a.m. to 6 p.m.

Grounded is much

more than your average coffee shop. Grounded also specializes in teas, pastries and lunch items. Attached to Grounded is a small local market that carries basic everyday household items. The goal of Grounded is to support other local businesses, as well as give back to the Jonesboro community.

"Our coffee beans are from Blue Sail in Little Rock, and our pastries are from Sandy's Bakery, and the majority of our paper and plastic products are compostable," Speights said.



PHOTOS COURTESY OF LAURA CARTER

Abigail Speights, owner of GROUNDLED coffee shop



Interested in reporting? Join us every Monday at 5 p.m. in room 224 in the Communications Building.

Life

STUDENT

SPEAK

If you could add any competitive event to the Olympics, what would you add?



Sarah Lynch said:

“I think I would add knitting!”

Sarah Lynch is a senior exercise science major from Mena, Arkansas



Haley Killough said:

“Dog grooming competition, that would be really interesting to watch!”

Haley Killough is a junior communications and sociology major from Jonesboro,



Emily Schranz said:

“Tackling people.”

Emily Schranz is a freshman philosophy major from Arkadelphia, Arkansas



Amelia Roberts said:

“Walking up and down a long flight of stairs.”

Amelia Roberts is a freshman biology major from Kansas City, Kansas



Illana Parker said:

“Competitive Wii Sports.”

Illana Parker is a sophomore instrumental music education major from Trumann,



Riley Stebbins said:

“Have one regular person compete in every competition so the viewers can see how hard the athletes work.”

Riley Stebbins is a sophomore English major from Bald Knob, Arkansas

Weekly Horoscopes

ALEX CLARK • MYSTIC CORRESPONDENT



ARIES

March 22 – April 19

It's easy to get distracted when you're doing tedious work. Find ways to shake things up so you don't make things harder.



TAURUS

April 20 – May 20

You know what's best for you. Stop worrying about what others want from you and focus on making yourself happy.



GEMINI

May 21 – June 20

Things are changing quickly. You are prepared to adapt without being overwhelmed.



CANCER

June 21 – July 22

Let go of things that are weighing you down. Now is a good time to move on and take a risk.



LEO

July 23 – August 22

Life is full of uncontrollable ups and downs. Your current situation is not permanent, there is light at the end of the tunnel.



VIRGO

August 23 – September 22

A recent endeavor has been successful. Take a moment to appreciate your work.



LIBRA

September 23 – October 22

You've been extremely efficient in your work. Make sure you aren't overworking yourself, take some time to rest.



SCORPIO

October 23 – November 21

You've been overcoming challenges and emerging victorious. Maintain your focus, but don't become overconfident.



SAGITTARIUS

November 22 – December 21

Put more care into the things that are important to you. This will build a healthy foundation.



CAPRICORN

December 22 – January 19

If you are looking for a sign to start something new, this is it. Your work is going to be worth it.



Aquarius

January 20 – February 18

If you are feeling burnt out, it's time to take a break. Focus on yourself for a while and don't overextend yourself for others.



PISCES

February 19 – March 21

Your life is full of good things, and it's time to share them. Be generous to the people you care about.

THIS WEEK'S POP PICK

REVIEW BY LILY CABIBI-WILKIN | OPINION EDITOR

Triangle Strategy

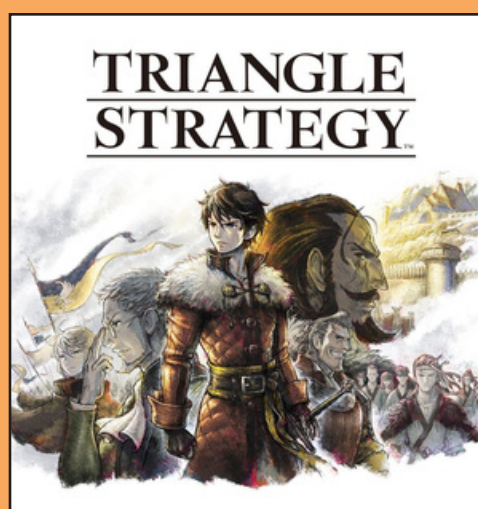


PHOTO CREDIT TO WIKIPEDIA

Triangle Strategy for the Nintendo Switch is a game that's been in the corner of my eye since it first appeared in the Feb. 17, 2021 Nintendo Direct under the name Project Triangle Strategy. It's being developed by Square Enix and Artdink, and is led by producer Tomoya Asano, known for the Bravely Default and Octopath Traveler games. While the full game is scheduled for release this March, the demo was released after last Wednesday's Nintendo Direct. I spent about four hours playing through it.

The story of Triangle Strategy is supposed to be the largest element, and players will spend more time in cutscenes than they will playing the strategy battles. The plot is fairly standard – you play as Seranoa Wolffort as he becomes

Lord of Wolffort House, participates in a tourney and embarks as an envoy on a diplomatic mission. Also in your party are your fiance Princess Frederica Aesfrost and her attendant Geela Breisse, your best friend Prince Roland of Glenbrook and his knight Hughette Bucklar, your butler Benedict Pascal and his assistants Anna Pascal and Erador Ballentine.

In the continent of Norzelia in the wake of the Saltiron War, the three nations of Glenbrook, Aesfrost, and Hyzante have reached a peace agreement, and now have set their sights on a mining venture. However, tensions are still noticeable, and it is up to you to keep the peace or tear it apart. Through dialogue choices, exploration to broaden your horizons and voting with your party members, your actions will shape Norzelia.

Once you finally get to the combat in Triangle Strategy (there is about one combat in each chapter), it plays out like your normal turn-based combat. Each of your characters has different abilities and ranges, and you're encouraged to experiment. A notable element is the directions: at the end of each turn you have to tell your character which way to face, and you can get a critical strike on a character if you hit them from behind.

I recommend Triangle Strategy for people who like strategy games, but also for people who like visual novels and worldbuilding in general. The main campaign is supposed to be 50 hours long, so if the game sounds interesting I recommend trying the demo to see if you think it's worth 60 of your dollars and 50 of your hours.

For a longer, more detailed review, visit theberald.home.blog/category/life.