

Poutine

June 28th, 2021

This recipe serves: 4

Prep Time: 00:15

Cook Time: 00:30

If Canada has a national dish, this is arguably it. I first tasted good Poutine on a visit to Montreal a few years ago. While the origins of this dish are not entirely known, there are multiple sources who claim to have invented the dish. Poutine is simple to make. The traditional recipe contains French Fries, White Cheese Curds, and Brown Gravy. A widely accepted variation is to add cooked meat. If Cheese Curds are not available, you can use shredded Oaxaca Cheese or (in a pinch) Shredded Mozzarella.

Ingredients:

French Fries

White Cheese Curds, crumbled or shredded

Cooked Meat (Kielbasa, Smoked Brisket, Pastrami, Grilled Chicken, etc.), cooked, then cubed or shredded

Brown Gravy (Roux)

2 Tablespoon Unsalted Butter

2 Tablespoons All Purpose Flour

1/2 Teaspoon Onion Powder

4 Cloves (2 Teaspoons) Garlic, finely minced or 1/2 Teaspoon Garlic Powder

1 Pinch Dried Oregano

2 Cups (16 ounces) Beef Stock

1/2 Teaspoon Worcestershire Sauce or Steak Sauce

1 Splash Soy Sauce

Directions:

The Fries

Preheat the oven to 400° Fahrenheit. Cover a cookie sheet with aluminum foil. Spread the French Fries out to cover the aluminum foil surface. Bake for 15 to 20 minutes, or follow the instructions on the package.

The Gravy

Meanwhile, in a small ramekin, mix the Flour, Onion Powder, Garlic Powder, and Oregano.

Place a small saucepan over medium heat. Melt the Butter, then add the Flour Mix. Ensure that the Flour is fully incorporated.

Continue to mix and stir while the Flour begins to brown slightly.

Stir in the Stock. Mix until you have a smooth consistency.

Add the Worcestershire Sauce and Soy Sauce.

Mix well to ensure a creamy consistency.

Add additional Stock (or Water) if the Gravy is too thick. Reduce if the Gravy is too thin.

Remove the Gravy from heat.

Putting it All Together

Plate the Fries. Cover with Cheese Curds. Spread with a handful of Meat.

Apply a liberal amount of Gravy to the plate.