

CANADIAN POUTINE

F EASY

Last Modified: 11/10/2014

PREP: 15 Min
COOK: 30 Min
SHALLOW FRIED

VEGETABLES

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
4	Pounds	Starchy Potatoes (Cut into 1/4" x 1/4" Fries)	
2	Cups	Cheddar Cheese Curds	
OR			
2	Cups	Aged Mozzarella Cheese (NOT Fresh)	Chunked
3	Inches	Peanut Oil (LouAna) For Frying	

BROWN GRAVY			
2	Tbsp	Unsalted Butter	
2	Tbsp	All Purpose Flour	
1	14 1/2 Oz	Can Chicken Stock (Swanson)	
1	14 1/2 Oz	Can Beef Stock (Swanson)	
1	Large	Shallot	Minced
1	Clove	Garlic	Microplaned
2	Tbsp	Ketchup (Heinz)	
1	Tbsp	Apple Cider Vinegar	
1	Tbsp	Green Peppercorns	
1/2	Tsp	Worcestershire Sauce (Lea & Perrins)	

FACTOID	
FACTOID	Extremely popular in the French speaking areas of Canada. I enjoyed this often on visits to Montreal. Crispy French Fries sprinkled with Cheese Curds and drowned in a GREAT Homemade Gravy. Relatively easy to make, especially if you use frozen French Fries and bake them.
TOOLS	1) Large Mixing Bowl 2) Salad Spinner 3) Dutch Oven OR Deep Fryer 4) Deep Frying Thermometer 5) Medium Saucepan & Lid 6) Double Layer Paper Towel Lined Aluminum Half Sheet Pan
HINTS	For GREAT, really crispy French Fries, As you cut the Fries, submerge them in water and refrigerate for a minimum of 2 hours before frying. Maximum of 24 hours. Blanching the Fries first will create Fries with a CRISPY outside and a Buttery inside.
PREP	DISH 1) Peel (Or not) & slice the Potatoes into 1/4" x 1/4" Fries.
1	ROUX: In a medium saucepan over medium high heat, heat the Oil until it shimmers. Add in the Shallot and cook until transparent, about 3 minutes, Add in the Garlic and cook until fragrant, about 2 minutes more.
2	ROUX: Stir in the Butter until melted, add in the Flour and continue stirring until lightly browned, about 3 minutes more.
3	GRAVY: Stir in both Stocks, the Ketchup, Vinegar, Worcestershire Sauce and Peppercorns, bring the mixture to a boil. Lower the Heat to medium and simmer until the Gravy reduces and thickens, about 15 minutes. Season to taste with Salt and Pepper.

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6	BLANCH: Heat the Peanut Oil over medium high heat to 350 degrees in a dutch oven.
7	BLANCH: Take a large handful of Fries and spin them in the salad spinner until no more water comes off. Immediately dump the Fries in the hot Oil and fry them until they are light yellow, about 8 minutes.
8	BLANCH: Place the blanched Fries on the lined sheet pan to drain
9	BLANCH: Repeat steps 7 & 8 until all of the Fries are blanched, making sure the Oil temperature has returned to 350 degrees before adding in another batch.
10	FRIES: Raise the heat to high and bring the Peanut Oil up to 375 degrees.
11	FRIES: Fry the Potatoes in small batches, until GB&D (Golden Brown and Delicious), about 6 to 8 minutes. Draining each batch on fresh paper towels. Sprinkle each HOT batch of Fries with Sea Salt to taste..
SERVE	On a warm side plate, generously pile on Fries, Sprinkle the top with Cheese Curds and generously spoon on the Gravy, sprinkle the top with Parsley. Serve while hot.

