

POUTINE

Ingredients

Gravy

1 shallot, minced
1 tablespoon of oil
1 clove of garlic, minced
1 teaspoon of apple cider vinegar
¼ cup of ketchup
1 tablespoon of Worcestershire sauce
3 cups de stock de boeuf
3 tablespoons of butter
3 tablespoons of all-purpose flour
salt and pepper

1 large potato, cut into fries
cheese curd¹
oil for frying

Peel the potato, cut, and soak the fries in cold water. Change the water several times until it remains clear. In a saucepan, saute the shallot in a tablespoon of oil. Add the garlic, vinegar, ketchup, Worcestershire sauce, and stock, and bring a boil. In a small saucepan, melt the butter. Add the flour, and mix well. Incorporate this mixture into the gravy, pepper, and continue to simmer.

Dry the fries well. Fry them, in batches if necessary, in oil heated to 350° F. for 5 mn. Drain them on paper towel, and let rest for 5 mn. Fry them a second time until they are golden. Drain and salt them.

While all the ingredients are still hot, place the fries on a plate. Put the cheese curd on top and pour the sauce over all. Serve hot. Serves 4.

ACTIVITIES

1. Imagine other versions of this dish. What could you substitute for the various ingredients. What could you add to the dish?
2. Can you find fresh cheese curd locally? What other types of cheese could you use?
3. Why is a gravy better when made after cooking a roast?
4. How many varieties of potato can you find in your local grocery store? Search on line to find the specific qualities of each variety.
5. From what you have found, what kind of climate best suits growing potatoes?

Notes

² See various articles and videos about cheese making.