

CANADIAN POUTINE

Poutine Gravy

3 Tbsp cornstarch
2 Tbsp water
6 Tbsp unsalted butter
1/4 cup unbleached all purpose flour
20 oz beef broth
10 oz chicken broth
Pepper, to taste
For Deep Fried Fries:
2 lbs Russet potatoes, (3-4 medium potatoes)
Peanut or other frying oil

Toppings

1 - 1 1/2 cups white cheddar cheese curds,
(Torn chunks of mozzarella cheese is a good substitution)



Instructions

In a small bowl, dissolve the cornstarch in the water & set aside.

In a large saucepan, melt the butter. Add the flour & cook, stirring regularly, for 5 minutes, until the mixture turns golden brown.

Add beef & chicken broth & bring to a boil, stirring with a whisk. Stir in about HALF the cornstarch mixture & simmer for a minute or so. Season with salt & pepper to taste. Keep warm until your fries are ready.

For Deep-Fried Fries: Prepare your potatoes & cut into 1/2-inch thick sticks. Place into a large bowl & cover completely with cold water. Allow to stand at least one hour or several hours. When ready to cook, heat your oil in your deep fryer or large, wide, heavy cooking pot to 300° F.

Remove the potatoes from the water & place onto a sheet of paper towel. Blot to remove as much excess moisture as possible.

Add your fries to the 300°F oil & cook for 5-8 minutes, just until potatoes are starting to cook but are not yet browned. Remove potatoes from oil & scatter on a wire rack. Increase oil temperature to 375°F. Once oil is heated to that temperature, return the potatoes to the fryer and cook until potatoes are golden brown.

Remove to a paper towel-lined bowl.

To Prepare Poutine: Add your fried or baked fries to a large bowl. Season lightly with salt while still warm. Add a ladle of hot poutine gravy to the bowl and using tongs, toss the fries in the gravy as needed to mostly coat the fries.

Add the cheese curds and toss with the hot fries and gravy. Serve with freshly ground pepper. Serve immediately.