

Poutine



Ingredients

- 12 potatoes
- salt
- 4 Tbsp butter
- ½ cup diced white onion
- ½ cup chopped celery
- ½ cup chopped carrots
- ¼ cup flour
- ¼ cup tomato puree
- 4 cups beef stock
- 1 bay leaf
- ¼ tsp thyme
- ¼ tsp pepper
- ½ tsp parsley
- 2 cups cheese curds

Utensils

- Cutting Board & Knife
- Mandolin
- Colander
- Deep fryer or Air Fryer
- Tongs
- Measuring cups and spoons
- Large pot
- Spatula
- Whisk
- Immersion Blender/Blender



Recipe Instructions

Step 1: Prep

Prep your cutting station with a damp towel and place board on top.

Dice onion, chop celery and carrots.

Place potatoes in colander, rinse with cold water. Use mandolin to julienne slice into fries.

Step 2: Espagnole Gravy

Melt butter in large pot. Sautee veggies until tender and onions have caramelized. Add flour, stir to combine. Cook until the roux has browned. Add tomato puree, stock, and seasonings. Stir to combine. Bring to a boil then simmer until thick. Remove bay leaf. Blend until smooth.

Step 3: Fries

Pat potatoes dry with paper towels immediately.

If not frying right away, store cut potatoes in water in the refrigerator. When you're ready to use them, strain, and pat dry with paper towels.

Step 4: Deep Fry OR

Deep Fry at 325° for 3 minutes. Let cool and dry. Fry again at 375° for about 1 minute or until golden brown. Remove from fryer, place on paper towels or a cooling rack to let excess oil drip. Salt immediately.

Step 5: Air Fry

Toss dry potatoes in olive oil and salt.

Air Fry at 375° for 20-25 minutes. Flip food/shake basket halfway through.

Use tongs to safely remove from air fryer.

Step 6: Finish and Enjoy

Place hot fresh fries in a bowl, then sprinkle desired amount of cheese curds, and pour gravy on top. Serve with a fork and **Enjoy!**

This dish is best served fresh! Extras can be stored separately in airtight containers in the fridge for 4 days.



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Kitchen Safety Tips:

- Wear a **cutting glove** when using knives or the mandolin.
- Be careful when you drop any food into hot oil. It could **splash** and **burn** you.