

Home-Made Poutine with maple syrup glazed sausage - Virtual Workshop Version

Recipe for 2

Description

The pride of Quebec, The Poutine !

Note

This potato recipe can of course be done using a fryer, we even recommend it.

Ingredients

The Potatoes

- 700 Gr Russet potatoes
- 2 Tbsp Vegetable oil
- Salt and pepper

Cheese

- 150 Gr Cheese curds
- Salt and pepper

The Sauce

- 0.25 Cup(s) Butter
- 0.25 Cup(s) Flour
- 1.25 Cup(s) Beef broth
- 1.25 Cup(s) Chicken stock
- 1 Tbsp Brown sugar
- 1 Tbsp Ketchup
- 2 Tsp Dijon mustard
- 0.50 Tsp Worcestershire sauce
- 1 Leaf(ves) Bay leaf
- Salt and pepper

Maple syrup glazed sausages

- 4 Unit(s) Toulouse sausage
- 4 Tbsp Maple syrup
- Salt and pepper

Preparation

- Preparation time **45.00 mins**
- Preheat your **Oven** at **400.00 F°**

To prepare before class

Make sure all of your ingredients are measured and ready for class.

Material

1 baking sheet, 1 mixing bowl, 1 small whisk, 1 wooden spoon, 1 small ladel, 1 knife, 1 cutting board and 1 frying pan.

The potatoes

Rinse the potatoes under cold water, then, cut them in juliennes, sticks or quarters. Dive them in a

bowl of warm water for 15 minutes. Take them out and lay them on a dry rag to dry them. Put them all in a mixing bowl and season them with salt, pepper and canola oil. Spread evenly on a baking sheet with parchment paper and cook for 15 minutes at 400F (200C). Then turn your baking sheet and your potatoes and cook for another 15 minutes at 450F (225C).

With a fryer, for the best result, you will need to blanch your fries, meaning, pre-cook them at 300F (150C) for 4 minutes, then let them rest on absorbant paper until the temperature of the fryer goes up to 375F (190C). You will now finalize the cooking process by cooking the potatoes one last time until they turn golden brown.

When cooked, put them back in the mixing bowl, season them with salt and pepper, taste and serve.

The Sauce

Melt your butter in a small cooking pot, then add the flour, cook together for 2 minutes on medium heat, this is what we call a "roux". Pour the chicken and beef stocks and whisk with love, to incorporate the roux. Add the Ketchup, brown sugar, mustard, Worcestershire sauce and the bay leaf. Bring everything to a boil then turn down to heat to medium (4-5) and cook for 15 minutes, stirring occasionally. Taste and season to your taste with salt and pepper.

Glazed sausage

In a frying pan, bring the maple syrup to a boil. During that time, cut your sausages in small pieces. Place your cut sausages in the maple syrup and cook for 4-5 minutes on medium-low heat (3-4), we want the maple syrup to coat the sausages.

Plating

In a bowl, start by placing your cooked and seasoned potatoes, pour on it a first round of sauce, sprinkle all around, the cheese curds and glazed sausages. Finish by adding a last shot of sauce, serve and enjoy !

Bon appétit!