

Passion For Poutine

Maybe you've noticed poutine popping up on menus everywhere. Maybe you haven't tried it yet, or maybe it's already your favorite cheat-day food. Whether you're a poutine connoisseur or haven't taken your first bite, you're sure to fall in love with this delicious dish.



Who Made This Mess?

What is poutine, exactly? It starts with a bed of french fries topped with a handful of fresh cheese curds. But these are no regular cheese fries—they're also topped with savory brown gravy to melt it all together.

Poutine's origin story is as messy as the food itself, with several towns claiming it as their invention. It is known to have come from the province of Quebec around the 1950s. The most popular tall tale says in Warwick, Quebec, at a restaurant called Le Lutin qui rit, a customer asked for cheese curds on his fries. The owner responded, "Ça va faire une maudite poutine," which means, "That's going to make a dreadful mess."

Today, it's a staple of Canadian cuisine with hip pouteries galore and chip wagons peddling yummy piles of fries in the cities.

Poutine, Seven Ways

If the classic gravy-and-curd combo isn't your thing, there are plenty of ways to customize poutine to your taste or switch it up for an awesome dinner party.

1. Make a meal out of it! Top fries with brisket, brie and au jus for a hearty, savory take. Try the recipe at chefjamie.com.
2. Need a lighter option? Find the recipe for roasted asparagus poutine with mushroom gravy at closetcooking.com to get your fix with a serving of veggies.
3. Poutine baked potatoes from foodnetwork.ca provide a starchy, savory craving buster that's a little healthier since it's sans fries.
4. Sweet potato poutine: One easy swap in the fry department creates a totally different flavor combo.
5. For the tot lovers, switch your fries for tater tots and voilà: Midwestern poutine.
6. Kimchi poutine is a delicious Asian spin on the dish. All you need is soy sauce, cayenne, kimchi and the recipe from honestcooking.com.
7. Breakfast poutine is easy to customize. Maybe you top yours with huevos ranchero and avocado or sausage gravy. This recipe from iamafoodblog.com features fried eggs and bacon gravy.

Poutine, Like Vladimir?

No, no, not at all like Vlad. English speakers usually say it like "poo-teen," but that's pretty close to the French word for prostitute, putain. Instead, do as the people of Quebec do and call it "poo-tin."

What's A Curd, You Ask?

Curds are freshly made cheese before it's pressed into a block or wheel. Usually they're white or yellow cheddar, but instead of being aged, they're brand-new. The freshest curds actually squeak against your teeth when you chew. They're delicious and adorable.

The Importance Of Poutine *How amazing is poutine? It beat out standard time and the BlackBerry for No. 10 on the CBC's Top 10 greatest Canadian inventions of all time. It made the cut with insulin and the telephone so, you know, it's kind of a big deal.*

