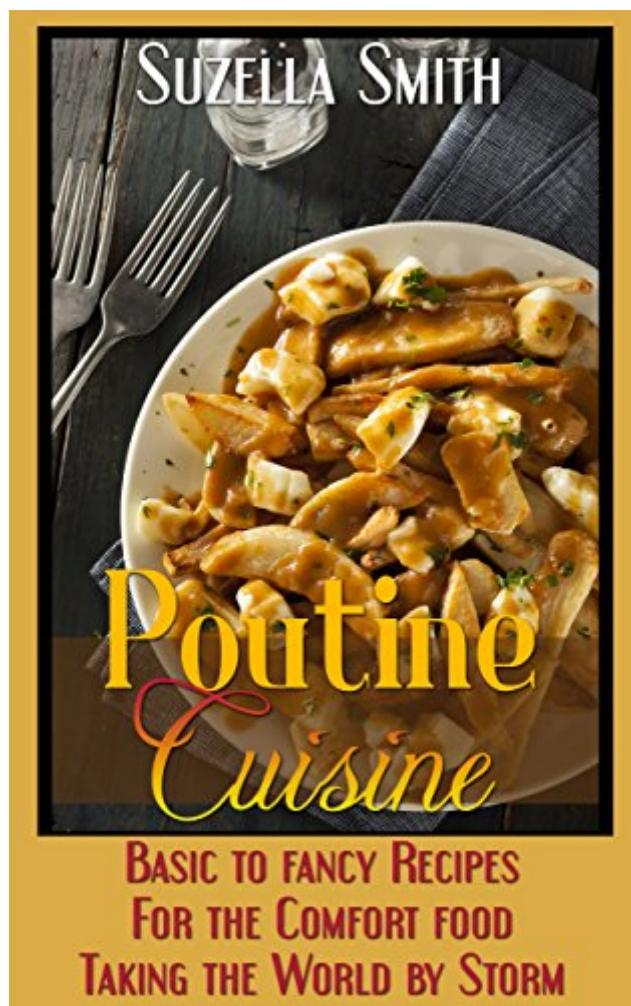


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Poutine Cuisine: Basic To Fancy Recipes For The Comfort Food Taking The World By Storm



Synopsis

Gooey, cheesy, and dripping with gravy: That's poutine, the French fries-based guilty pleasure that escaped its Canadian homeland to become a favorite snack and party food of people everywhere. This book takes poutine in some amazing new directions while staying true to its basic simplicity and ease-of-making. Recipes range from the traditional, like you would find in diners and restaurants across Canada, to exotic new versions for poutine fanatics who like to push boundaries (think Mexican, Indian, or down-home southern!). For the health minded there are recipes for substituting sweet potatoes or vegetables for regular French fries, and recipes for delicious vegetarian gravy. Suzella Smith fell in love with poutine when she lived in Canada. This book grows out of her appreciation for the simple dish that tasted like "heaven in my mouth" the first time she tried it. Along with the recipes, she provides sources for the "squeaky" cheese that is a signature of the most authentic poutine, while showing how the dish can be just as satisfying using more readily available cheese varieties from the supermarket. If you've never tried poutine, you're in for a treat. If you're already hooked, this book will fire your imagination with the creative possibilities of this deceptively simple gift from the land of the maple leaf.

Book Information

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Customer Reviews

This is a terrific little volume for poutine lovers. Poutine--for those unfamiliar with this--is at base a concoction of French fries, beef gravy, and cheddar cheese curd (although other cheeses can be used [e.g., mozzarella]). One element from this book that I like: I use frozen French fries, bottled beef gravy, and cheddar cheese curd. The author enables me, by pointing out that shortcut approaches to making poutine are quite acceptable! And my shortcut dish is quite tasty (not necessarily quite healthful). This book's contribution is to identify why poutine works and to identify a few exemplar recipes. There are not a bazillion of these, but there need not be. Suzella Smith, the author, makes it clear that one should feel free to try different approaches to poutine. So even though there might not be an abundance of recipes--that is not a problem. Her book shows the themes and variations that are possible, allowing enthusiasts to experiment. In terms of the recipes, she begins with the basic approach--French fries (which can be based on sweet potatoes rather than the usual spuds), cheese (cheddar cheese curd the norm--but not required), and gravy. In the book, she goes over alternatives to the standard gravy creating more complex flavor profiles, such as chili poutine, cream of mushroom poutine (cream of mushroom soup replacing the basic gravy recipe), use of onions, Mexican variations, and an Indian variation. When I was in Montreal a few years back, at a restaurant featuring poutine, there were variations using steak, plain hot dogs, and the like. This book even notes how one would make a poutine hamburger! Interested in poutine? This is a good starting point that won't take much time to read--but which will give you a base on which to try out your own poutine variations. . . .

Great for a free prime read but not worth the couple of bucks to buy, unless really you want a few gravy recipes.

An interesting cookbook, with ideas for simple meals.

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