

'POUTINE' STORY

"POUTINE" STORY FROM CENTRE-DU-QUÉBEC

Poutine was created in rural Quebec in the 1950s and has since become popular throughout the province and beyond. Its exact source is the subject of much controversy. Several locations argue over where poutine was first made, but one thing is certain – it originated in the Centre-du-Québec region. Here's the story behind our famous poutine:

Many say it was first served in the restaurant formerly known as the Lutin Qui Rit in Warwick, in the Arthabaska regional municipality in the Centre-du-Québec region. According to legend, in 1957, a customer by the name of Eddy Lainesse asked the restaurant's owner, Fernand Lachance, to put his order of cheese and fries in the same bag, and the owner replied: "Ça va faire une maudite poutine (that'll make a damned mess)," hence the origin of the name, meaning a "strange mixture."

A restaurant in Drummondville (Centre-du-Québec) called Roy Jucep maintains that it's the location where poutine was first prepared. The restaurant has even registered a trademark stating that Roy Jucep is the inventor of poutine. Jean-Paul Roy, the owner of the Roy Jucep restaurant in 1964, is the first person to have served poutine as we know it today, i.e. French fries with cheese and gravy. Thus, he claims to be the first person to have marketed it but not the inventor. The name "poutine" is said to come from a combination of a distortion of the English word "pudding" and the nickname of a cook Ti-Pout. According to Mr. Roy's account, he began to serve cheese with fries and gravy after three people regularly asked for it. Jean-Paul Roy died in August 2007 at the age of 74.

Another legend claims that poutine was developed in Princeville (also in the Centre-du-Québec) at the P'tite Vache restaurant established by Henri Provencher in 1966. At the time, the Princesse cheese factory (now located in Plessisville) made curd cheese but had no retail outlet. As the Petite Vache was in the building adjacent to the cheese factory, it began to sell fresh curd cheese at the cash. A regular customer came to the restaurant, ordered fries, and bought a bag of curd cheese. He then went to his table, opened the bag, and mixed the cheese with the fries. Max Sévigny, who was the owner of the restaurant, confirmed in November 2010 that the product's original name was 50-50, referring to the 50% fries and 50% cheese mixture. The gravy was later added, and the name "mixte" (combo) adopted. Fifty-fifty appeared on the menu during Petite Vache's first year of operations. For several years, in the towns of Plessisville, Princeville, and Victoriaville, poutine was called "mixte." It was only when chain restaurants began to sell the product that the name "poutine" appeared – probably about other dishes also identified as "poutines" whose basic ingredient was potatoes. The name "mixte" continued to be used for several years in the towns mentioned above, even after the word "poutine" became widely known.

Poutine is considered to be at its best when made with same-day fresh curd cheese. The Centre-du-Québec region boasts many cheese factories that make this unique cheese. When fresh, curd cheese is often called "squeaky cheese," due to the noise typically produced when chewing it, something much sought after by poutine lovers.



RECIPE:

- 4 or 5 Idaho potatoes
- Brown Gravy (5 cups)
- Fresh cheddar cheese curds from your favourite local cheese shop (according to taste)
- Peel and slice potatoes. Deep-fry them in oil.

PREPARE GRAVY SAUCE RECIPE BELOW:

- 150 ml flour
- 2 gr of onion salt
- 1 or 2 g pepper
- 1 gr thyme
- 1 gr salt
- One pinch of cloves
- 125 gr butter
- 1250 ml of chicken stock
- 500 ml browning gravy

Mix flour and seasonings. Melt butter in a pan over medium heat. Add flour mixture and stir while adding the stock. Bring to a boil, stirring constantly. Add browning sauce and let simmer an additional minute.

Prepare serving plate: first, add fries, and then cheese followed by more fries, and finish it off with your famous brown gravy.

MUTATIONS

Since the rise of the dish's popularity in the sixties, the term "poutine" has grown to include a bewildering array of fast food dishes, all messier and fatter than the next.

Any dish that incorporates the three basic ingredients of cheese, gravy, and fries, or close variants, can be called poutine. You can make poutine with other cheeses, such as blue cheese or goat cheese. Use spaghetti meat sauce instead of gravy, and you get poutine italienne. Change the fries for breakfast potatoes, and you'll get poutine "patates rissoles," a late-night favourite at Chez Claudette in Montreal.

Montreal culinary master Martin Picard, the owner of Au pied de Cochon, is responsible for poutine au foie gras, with foie gras gravy and fries cooked in duck fat.

Montreal late-night poutine institution La Banquise offers twenty-five different types of poutines, including Mexican poutine (hot peppers, tomatoes, and black olives), Kamikaze (Merguez sausage, hot peppers and Tabasco), and T-Rex (minced meat, pepperoni, bacon and smoked sausages).



A SMOKED-MEAT STORY

SMOKED MEAT FROM BRISKET - [HTTPS://WWW.BRISKETS.CA/EN/](https://www.briskets.ca/en/)

The smoked meat was first brought to Montréal by Eastern European immigrants in the early 1900's. Where these immigrants were from, they had to learn how to prepare and costly cureless meats with their limited means. Upon arriving in Montreal, they had very little but did come with recipes that reflected their working-class routes, including the now famous smoked meat.

Smoked meat is brisket, which is the point of the beef breast. To prepare the brisket, it is rolled in a mixture of spices including pepper, garlic, cloves, paprika, salt, and sealed in a cask to dry cure for several days. The meat is then smoked for 25 hours, and the final step involves steaming it for 2 hours.

Once cooked it is thinly sliced. A healthy portion is served on white rye bread with an optional skim of mustard. To complete the meal, it is often accompanied by coleslaw and a dill pickle. This sandwich is distinctly Montréal and remains ever so popular.

GENERAL

Montreal-style smoked meat, Montreal smoked meat or simply smoked meat in Montreal (French: viande fumée or du smoked meat), is a type of kosher-style deli meat product made by salting and curing beef brisket with spices. The brisket is allowed to absorb the flavours over a week and is then hot smoked to cook through, and finally steamed to completion.

Although the preparation methods may be similar, Montreal smoked meat is cured in the seasoning with more cracked peppercorns and aromatic spices, such as coriander, and significantly less sugar than New York pastrami. [1] The meat is typically served in the form of a rye bread sandwich slathered with mustard. While some Montreal smoked meat is brine-cured like corned beef, with spices applied later, many smoked meat establishments prefer dry-curing directly with salt and spices.