Canadian Food: Poutine





Question: Do you know what Poutine is and how it was created?

Poutine is a Québécois dish made of French fries topped with cheese curds and gravy. It first appeared in snack bars in Quebec in the late 1950s and then it spread across Canada and beyond.

We can find poutine everywhere from fine dining menus at top restaurants to fast-food chains. It has become an iconic symbol of Québécois cuisine and culture.

Who invented poutine?

The one **key** ingredient of this dish was the proximity to the fromageries producing cheese curds in Centre-du-Québec. Within the area, several towns and families claimed that they created this dish.

In Warwick (near Victoriaville), Fernand Lachance of Café Ideal has said that he first added curds to fries at the request of Eddy Lainesse, a regular customer, in 1957. Lachance reportedly replied, “ça va te faire une maudite poutine!” (“that will make a damned mess!”), before serving up the **concoction** in a paper bag. The combination became popular, with diners customizing the dish by adding ketchup or vinegar. In 1963, Lachance began to serve the dish on a plate to contain the **mess** left on his tables.

When customers complained that the fries became cold too quickly on the plate, he would put the gravy on top of the fries and curds to keep them warm.

In Drummondville, Jean-Paul Roy claims that he invented poutine at his drive-in restaurant Le Roy Jucep in 1964. He had been serving fries in a special sauce since 1958, in a dish he called patate-sauce. When he noticed that customers were adding cheese curds (he sold them in bags at his snack counter) to their fries, he added the dish to his regular menu under the name fromage-patate-sauce. It is worth mentioning that Roy had to travel to Toronto to find a vendor who could provide containers **sturdy** enough to hold the mixture.

What is the origin of the word?

The word poutine is commonly believed to have originated from the English word pudding (or as it were in French, pouding) used to describe a mixture, typically messy, of various foods. In Québec, the term poutine is slang for mess. More than a dozen other explanations have been offered, including the root of the French words potin (pâté) and poutitè (potato ragout).

Fun fact: Curds, bits of cheese coated with a thick **layer** of milk have to be fresh to be good. If they are not, you don't get the special “squeak”, the sound a good curd makes when you bite into it.

To conclude...poutine is a tasty dish, but be careful though: it’s not so healthy.
A serving of poutine can add 1,000 calories to your diet!

Source:

- https://www.thecanadianencyclopedia.ca/en/article/history-of-poutine#:~:text=It%20first%20appeared%20in%201950s,of%20Qu%C3%A9b%C3%A9cois%20cuisine%20and%20culture.



Let's take a look at the vocabulary!

Word	Definition	Example
iconic adjective /aɪˈkɑːnɪk/	being a famous person or thing that people admire and see as a symbol of a particular idea, way of life, etc.	Lady Gaga is known for her iconic outfits that make her stand out from other artists. The McDonald's golden arch logo is iconic throughout the world.
key (ingredient) adjective /kiː/	important	So let's review my key points to see if they are compelling. Working hard is key if you want to succeed.
concoction noun /kənˈkɑːkʃn/	something that has been made out of several things mixed together Synonym: mixture /mɪkstʃəʳ/	He gave me some of his herbal concoction when I had toothache
mess noun /mes/	untidy	A lot of parents complain about the mess in their teens' rooms.



Let's take a look at the vocabulary!

Word	Definition	Example
sturdy adjective /ˈstɜːrdi/	(of an object) strong and not easily damaged Synonym: robust /roʊbʌst/	The camera was mounted on a sturdy tripod. We've always specialized in making very sturdy/robust, simply designed machinery.
layer noun /ˈleɪər/	a quantity or sheet of something that lies over a surface or between surfaces	Ducks have a thick layer of fat to keep them warm. A fresh layer of snow covered the street. A cake made in two or more layers, with icing and preserves between them.

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