

## **BEEF GRAVY**

Adapted from a recipe by Chef Alli Winter [www.chefalli.com](http://www.chefalli.com)

¼ cup butter (= 4 Tbsp butter), at room temperature

¼ cup flour

2 cups beef broth

1-2 tsp Beef “Better than Boullion” paste, optional

Put butter and flour in a small bowl and use a metal spoon to mash/blend the butter and flour together into a smooth paste.

Meanwhile, heat broth in a saucepan. When it is very hot, stir in the butter-flour paste until it is melts and is smooth. Stir constantly over medium heat until the gravy is thick and bubbly. Season to taste with bouillon paste or with salt & pepper.

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## **POUTINE** (aka French fries & Gravy)

Bag of frozen French Fries

8 oz cheese curds or cubed cheddar cheese

1 recipe beef gravy

Cooked stew beef or leftover beef roast, shredded into bite-size pieces (at least 1 lb of meat)

Prepare French Fries according to package directions.

Heat beef meat in the beef gravy until hot.

Put a serving of fries on a dinner plate. Place ¼ to ⅓ cup of cheese on top of the fries and pour beef gravy over the cheese/fries. Serve warm! :)