



Oven-Baked Fries and Gravy

Ingredients

FRIES

- 👤 1 kg (about 5) white-fleshed potatoes
- 🏠 2 tbsp (30 ml) oil
- 🏠 2 tsp (10 ml) spices* of your choice (optional)
- 🏠 Salt and pepper, to taste

GRAVY

- 👤 3 tbsp (45 ml or 23 g) flour
- 🏠 3 tbsp (45 ml) butter*
- 👤 2 cloves of garlic, chopped
- 👤 1 cube (10 g) of concentrated beef broth*
- 🏠 2 cups (500 ml) water
- 🏠 Salt and pepper, to taste

YOU WILL NEED

- ★ baking sheet
- ★ bowl (large)
- ★ chef's knife
- ★ cutting board
- ★ parchment paper (or foil)
- ★ saucepan (small)
- ★ set of measuring cup
- ★ set of measuring spoons
- ★ spatula
- ★ whisk
- ★ wooden spoon

SUGGESTED ALTERNATIVES

*SPICES → fresh or dried herbs (rosemary, oregano, basil, thyme), paprika, coriander, cumin, turmeric, etc.

*BUTTER → oil or margarine

*CUBE OF BROTH → powdered broth, concentrated liquid broth or homemade broth

continuation of the recipe

Preparation

FRIES

- 1 Preheat the oven to 450 °F.
- 2 Line a baking sheet with parchment paper (or aluminum foil).
- 3 Wash the potatoes.
- 4 Cut the potatoes into matchsticks and place them in a bowl.
- 5 Add the oil, salt, pepper and spices and mix with your hands until the potatoes are evenly coated.
- 6 Place the potatoes on the baking sheet, making sure not to overlap.
- 7 Bake about 30 to 40 minutes until golden brown, turning over halfway through.

GRAVY

- 8 Heat a small saucepan over medium low heat.
- 9 Add the butter, flour and garlic and cook until the mixture becomes light brown, while stirring. This step will give flavour to your sauce.
- 10 Add the broth and water and bring to a boil, whisking constantly.
- 11 Simmer for a few minutes while stirring until the sauce thickens.
- 12 Taste and adjust seasoning, if necessary.
- 13 Serve the gravy with the fries!

BONUS

➔ ADD ANY CHEESE TO TRANSFORM THIS RECIPE INTO A **POUTINE!**