

FRENCH ONION SOUP

SERVES 4-6

COOK TIME: 1HR 30 MIN

INGREDIENTS

100 g unsalted butter
1.25 kg brown onions thinly sliced
185ml dry white wine , optional
2 tbsp flour , plain / all purpose
1.5 litres beef or chicken broth/stock
2 dried bay leaves
3 sprigs fresh thyme (optional)
Salt and pepper

Cheesy Toast

6 – 8 slices French baguette or other
100 g melting cheese of choice
Fresh parsley or thyme leaves , for garnish

METHOD

Melt butter over medium heat. When it starts to foam, add onions and stir. Turn heat down to medium low. Cook for 30 minutes stirring every few minutes, until the onions have softened and are semi transparent. Turn heat up to medium. Add salt, and cook for a further 20 – 30 minutes, stirring more regularly, until onions are deep golden and sweet.

Make Soup:

Deglaze: Add wine, then simmer rapidly for 2 minutes until mostly evaporated, stirring to scrape the bottom of the pot. Sprinkle flour over the onion and cook for 1 minute.

Add broth, thyme and bay leaves.

Cover, lower heat so it's simmering gently and simmer for 30 minutes.

Season to taste with salt and pepper.

Ladle into bowls. Top with 1 or 2 slices of cheesy toast.

Cheese Toast:

Preheat grill / broiler to high. Toast each side of bread until light golden.

Top bread with cheese, then grill until melted and some brown spots appear



