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French Onion Soup

Ingredients

2lb. onions, thinly sliced
1oz. butter
1oz. olive oil
1 tsp. sugar, level
1 clove garlic, crushed
Salt and pepper to taste
10fl oz. cups white wine
48fl oz. beef stock
4 slices bread, 1.5cm thick
8oz. Comté (or Gruyère) cheese, grated

Servings

4

Person

Preparation Time

20

min

Cooking Time

1

hr

Preparation

- 1 In a large pot melt the butter and the oil at a medium heat. Add the onions, garlic and sugar to this and stir until the onions are coated
- 2 Set the heat to low and leave to cook for around 30 minutes until the onions are caramelized
- 3 Add the warmed white wine to this and increase the heat. Allow the wine to reduce by half, this should take 10 minutes
- 4 Once the wine has reduced, add the stock and leave to cook on a low heat for around 50 minutes
- 5 Once the soup is cooked and just before you are ready to serve it, preheat the oven to 200°C. Place the bread slices into the oven and toast them lightly
- 6 Ladle the soup into 4 oven proof dishes and place a slice of bread on top of each soup dish
- 7 Sprinkle the cheese generously on top of the toast and place it in the oven for 12 minutes or until the cheese is bubbling and has started to turn a light brown colour
- 8 Serve the soup straight from the oven.

Cooks Note

Preparation time: 20 minutes; Cooking time: 1 hour 30 minutes; Serves 4
