

FRENCH ONION SOUP

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Preparation: 10 minutes

£: £

Serves: 4

Difficulty: Easy

INGREDIENTS

2 litres brow stock
2 Spanish onions (medium size)
4 slices of soda bread or ½ baguette
4 garlic cloves
125 ml white wine
125ml port wine
1 knob of butter

EQUIPMENT

1 chopping board
1 stock pan
1 baking tray



METHOD

Start by slicing the onions and by grating the garlic.

In a pan melt the butter, add the garlic and the onions. Season generously with salt. It's at this stage that you will create the taste of your soup. Cooking the onions with salt will release the natural flavour of the onions and it will enhance the taste of it.

Give it a good stir and put a lid on top the pan.

Leave the pan on a medium heat and keep the lid on to create a steam environment. It would help to cook the onions heavenly.

Stir the onions every 2-3 minutes.

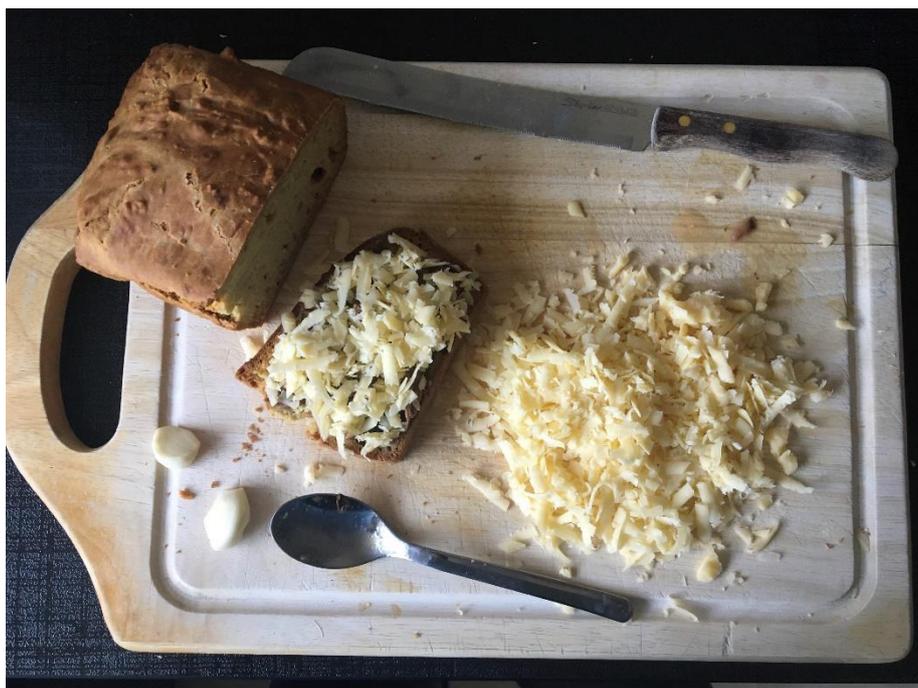
When the onions are reaching a “compote” texture (see first picture below), add your white wine, stir the onions and cook it for a few more minutes. Then, add the port and, stir and cook the onions for a few more minutes (see second picture).



Pour the brown stock on top of the onions, add the bay leaves and keep the soup simmering on a low heat for 45 minutes. Adjust seasonings.

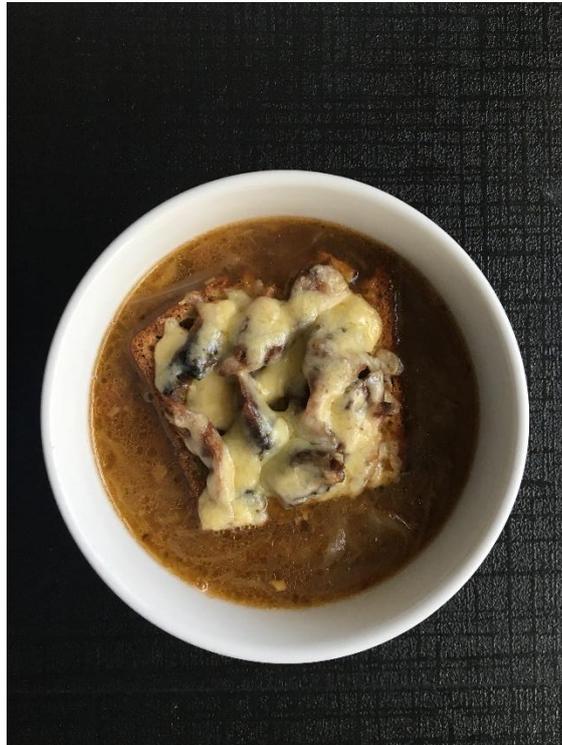
Next step is the following:

- Toast the bread.
- Rub the raw garlic clove on the warm toast.
- Grate the cheddar and spread it on top of the bread.
- Broiled the toasted cheese for a couple of minutes.



When the cheese is melted and coloured take it out of the oven.

Meanwhile pour a generous ladle of soup into a soup bowl and add the cheesy toast on top of it. Et voilà!!



NOTES

The traditional way to finish the soup is to put the toast on top of it and to bake it for a few minutes in a hot oven. The bowl can be boiling hot and to avoid any incidents I prefer to grill the cheesy toasts to finish the soup.

Many versions of the French Onion Soup are available, this one is mine cooked in my mother-in-law's kitchen with a homemade beef stock. The beef stock is the main ingredient of your soup as it will bring the final flavour to it. Hope that you will enjoy the taste of it.