

French Onion Soup



 1hr 10  110  4 - 8  Easy

Ingredients :

- 500g Brown Onions
- 50g Butter
- 30g Plain Flour
- 250 ml Dry White Wine
- 1.3L Strong Beef Stock
- 1 tbsp Olive Oil
- 1 tsp Soft Brown Sugar
- 1 tsp Crushed Garlic
- 1/4 tsp Black Pepper

' French onion soup is a type of soup usually based on meat stock and onions.

What could be more comforting on a cold Winters day than a bowl of classic , French Onion Soup. Rich and full of flavour.

Served with a rustic crouton topped with cheese. '

Method :

- Chop up the brown onions, peel and half them then slice them with a sharp knife into thin slices.
- Melt 50g of butter in a thick bottomed pan such as a cast iron casserole dish. When the butter is melted add the onions and mix into the butter. Cover and cook on a low heat for 10 minutes or until they are soft.
- Add 1 tsp of soft brown sugar to the pot and combine into the onions. Cover and cook for a further 20 minutes so that the onions become slightly brown and soft. At this stage they will be packed with flavour and smelling delicious.
- Add the rest of the ingredients, Garlic, Flour, Black pepper & olive oil to the pan and mix it all together.
- Turn the heat up and slowly start adding the 250 ml of dry white wine mixing all of the time with a whisk, then add the beef stock and continue mixing so that the whole lot is combined.
- Once the soup has come to a boil cover the pot again, reduce the heat to low and simmer for a further 20 minutes.
- The soup can be served straight out of the pot or cooled and re-heated later.

Which ever way you serve this be sure to make a nice fat cruton to sit in it.