



**Allotment Gardening In North Essex -- At Home In The Kitchen**

## **French Onion Soup**

### **Ingredients: 4 portions**

600g 1 1/2 lb onions  
10g 1/2 oz flour  
salt and pepper to taste  
50g 2oz grated Gruyère cheese ( if not cheddar)  
25g 1oz butter or margarine  
1litre 2pts brown stock  
4-8 slices of french loaf ( baguette)

Note: some recipes add garlic and I have known others to add sherry.

It is best to serve soup in individual soup terrines so that the crust of bread and cheese is not disturbed until the person eating the soup cuts through to get to the soup.

( I only served the soup this way as I did not have any heat resistant soup terrines)

### **Method:**

1. Peel onions, cut in half lengthways and remove the root. Thinly slice
2. Melt butter in a saucepan
3. Add the onion
4. Fry until well browned
5. Mix in the flour and cook over gentle heat until lightly browned
6. Gradually mix in the stock. bring to the boil, skim and season
7. Simmer gently about 10 - 15 minutes until onions are soft. Correct the seasoning.
8. Pour into earthenware dish, casserole or individual heat proof dishes.
9. Slice and toast french loaf on both sides
10. Place the toasted bread on top of the soup
11. Sprinkle with grated cheese and brown under the grill
12. When cheese is nice and brown serve.