

# French onion soup with cheese baguette



## French onion soup with cheese baguette

**Preparation:** about 20 minutes

**Cooking:** about 1 hour 45 minutes

**Serves:** 4

2 tbs olive oil  
50g butter  
1 kg brown onions, sliced  
2 garlic cloves, finely chopped  
1 tsp sugar  
8 cups beef stock  
Salt and freshly ground black pepper  
1 tbs dry sherry or brandy (optional)  
1 baguette bread stick  
100g grated Gruyere or tasty cheese

1. Heat oil and butter in a large saucepan over medium-low heat until butter sizzles. Add onions, garlic and sugar and cook, stirring occasionally, for 30–40 minutes until deep golden.
2. Stir in stock, cover and bring to the boil over medium-high heat. Reduce heat to low, cover and simmer, stirring occasionally, for 1 hour. Season with salt and pepper to taste. Stir through sherry, Madeira or brandy, if using.
3. Just before serving, slice baguette. Preheat a grill on high. Place baguette on a lined tray and grill one side until golden. Turn slices over and top with cheese. Grill until cheese is bubbling. Ladle soup into serving bowls and serve with cheese baguette.



### Onions

- A rich source of a variety of natural sulphur compounds that appear to protect the body against many health problems.
- Onions are a good source of niacin (vitamin B3) which plays a role in the release of energy in the body.
- Onions provide some thiamin (vitamin B1) and vitamin B6, both of which are important in the body's nervous system.