

French onion soup with cheese baguette



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Preparation 30 mins | Cooking 2 hours | Serves 4

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

STEP 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 40-45 minutes until onions are deep golden.

STEP 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.

STEP 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.

Good for you... **BROWN ONIONS**

A rich source of a variety of natural sulphur compounds that may have health benefits. A source of dietary fibre which helps keep the intestine functioning normally and also vitamin C, which contributes to normal immune function.

