

French Onion Soup

Recipe by Chef Cassie Smith

Serves 6-8

60 minutes

INGREDIENTS

SOUP

- 60g butter
- 750g onions
- 25g plain flour
- 2 litres rich beef stock (substitute vegetable stock if required)

CROUTONS

- ½ French stick
- 150g Gruyere cheese or grated parmesan

DIRECTIONS

1. Peel and finely slice the onions.
2. Melt butter in a large saucepan.
3. Saute the onions on medium to low heat until light golden brown colour.
4. Add flour and gently cook until a light fawn colour, stirring regularly.
5. Slowly mix in liquid stock and bring to the boil.
6. Simmer gently for approx 20minutes (until onions completely cooked).
7. Adjust the seasoning to taste.
8. Cut the french stick into rounds about ½ to 1cm thick.
9. Lightly toast on both sides until golden brown.
10. Portion the soup into oven proof ramekins.
11. Add a crouton to the top of each ramekin.
12. Sprinkle the croutons with grated cheese of your choice.
13. Bake in oven or gratinate under the grill until cheese is bubbling and lightly golden.

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