

FRENCH ONION SOUP #1

F MEDIUM

Last Modified: 12/06/2016

PREP: 1 Hr
COOK: 1 Hr
STOVETOP & BROILER

SOUP-VEGETABLE

MAKES 8 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
4	Pounds	Sweet Onions	Sliced
OR			
4	Pounds	Red Onions	Sliced
OR			
4	Pounds	Sweet / Red Onion Mixture	Sliced

1	10 1/2 Oz	Can Beef Consommé (Campbells)	
OR IF UNAVAILABLE			
1	14 1/2 Oz	Can Beef Stock (Swanson)	
1	14 1/2 Oz	Can Chicken Stock (Swanson)	
2	Cups	Apple Cider (Unfiltered if possible)	
1	Cup	Dry White Wine (Chablis)	
OR IF YOU LIKE A MUCH DARKER BROTH (I DO)			
1	Cup	Dry Red Wine (Pinot Noir)	
4	Tbsp	Unsalted Butter	
4	Tbsp	Olive Oil	
3	Tbsp	Granulated Sugar	
1 +/-	Tbsp	Granulated Sugar	To Taste
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste
1 +/-	Splashes	Cognac (Courvoisier VS) - I Tend To Go BIG Here	

BOUQUET GARNI

2	Sprigs	Fresh Thyme	
2	Whole	Dried Bay Leaves	
2	Sprigs	Fresh Italian Parsley	

TOPPING

8	1/2" Thick	Slices French Bread (Bias Sliced)	Toasted
OR			
	Handfuls	Garlic Flavored Croutons (NOT Crowded)	
2	Cups	Gruyere Cheese	Shredded
OR IF YOU DON'T LIKE THE SWEET / SALTY FLAVOR			
2	Cups	Swiss Cheese (NOT Smoked)	Shredded

PREPARATION

FACTOID	Dark, warm, rich and cozy, this French Onion Soup is perhaps a tad mislabelled. French Onion Soup is traditionally made using ONLY Yellow Onions. Here we create a slightly sweeter version (the alcohols reduce that sweetness). Avoid caramelizing your Onions too dark (the Soup Broth will take on a "burnt" hint). This is my go-to Recipe.
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FRENCH ONION SOUP #1

TOOLS	1) Large Stock Pot & Lid 2) 8 - 10 Oz Crocks OR Ramekins
PREP	DISH 1) Slice the selected Onions and set them aside.
PREP	TOPPING 1) Shred the Cheese and set it aside.
1	BOUQUET GARNI: Tie the Sprigs of Thyme and Parsley together using a length of thin string.
2	CAMELIZED ONIONS: In a stock pot over high heat, heat the Butter and Olive Oil until the Butter stops bubbling. add in the Onions, sprinkle the top with the 3 tablespoons of Sugar and saute while stirring OFTEN until the Onions are medium caramelized, around 30 minutes. A lot of moisture will be released from the Onions and it needs to be boiled off in order to get the caramalization color you want (See Pictures). The Onions will reduce GREATLY in size.
3	REDUCTION: Add enough Wine to cover the Onions and leaving the heat at high, reduce the Wine to a syrup-like consistency, about 15 minutes. Add the Consommé, Chicken Stock, Apple Cider, Bay Leaves and Bouquet Garni, reduce the heat to low and simmer, stirring occasionally for 15 to 20 minutes.
4	SOUP: Season the Soup Mixture with Salt, Pepper, Sugar and Cognac to taste. Simmer for an additional 10 minutes to boil off the alcohol (OR - leave it in).
5	CROUTONS: Toast Crusty French Bread Slices on both sides and set them aside to cool slightly. I tend to season them with a store-bought Garlic Spread before toasting.
SERVE	Remove the Bouquet Garni and the Bay Leaves. Ladle the STIRRED Soup into heat-proof crocks within 3/4" of the top. Float a toasted slice of Crusty Bread on top, pile high with the Cheese and broil until the Cheese is melted and bubbling with brown spots. Serve immediately.