

FRENCH ONION SOUP

Jo Maxwell's contribution

The Australian Women's Weekly (1970)

Ingredients – serves 6-8

- ⊕ 1 oz. butter (approx. 25grams)
- ⊕ 2 large onions
- ⊕ Pinch sugar
- ⊕ 1 dessertspoon flour
- ⊕ 3 pints beef or chicken stock (approx. 550ml)
- ⊕ Salt, pepper.

Method

Peel onions, cut into thick slices. Heat butter in pan (you may need a little more butter); add onions and sugar and cook, stirring, until golden and transparent; they should not be dark in colour. Stir in flour, gradually stir in stock. Season to taste with salt and pepper. Cover, cook gently 20 minutes. Spoon into hot bowls.

Take some slices of French bread, toast them, and sprinkle well with grated cheese. Place under griller until cheese melts and is golden. Put one toasted cheese slice on top of each bowl of steaming soup.

Or place a toasted round of French bread in base of soup plate, sprinkle with grated cheese and gradually pour in soup. As toast floats to top, sprinkle with extra grated cheese.

(For easier eating, some people prefer to cut the crusts from toast before putting into bowl).

On a cold winter's night, put 1 dessertspoon of brandy into each bowl before pouring in the hot onion soup.

... & we couldn't resist Julia Child's version.

The French Chef Cookbook, Julia Child [Alfred A. Knopf:New York] 1972 (p. 275-7)

Soup a l'Oignon Gratinee

This turns onion soup into a hearty main course...You may prepare all the elements for this ahead of time, but once the soup is assembled in its casserole, you should proceed with the recipe or the bread may sink to the bottom of the dish. (Note: you will need a chewy homemade type of bread...)

- A loaf of French bread
- Olive oil or melted butter
- The preceding soup, brought to the simmer
- Optional: 1/4 cup cognac
- A peeled 2-inch raw onion
- A 2-ounce piece Swiss cheese
- 1 1/2 cups grated Swiss and Parmesan cheese, mixed

Cut the bread into slices 1 inch thick, paint lightly with oil or butter and arrange in one layer on a baking sheet. Place in middle level of a preheated 325-degree oven for 15 to 20 minutes until beginning to brown lightly; turn and brown lightly for 15 to 20 minutes on the other side. These are called croutes. Pour the hot soup into a serving casserole or baking dish. Pour in the optional cognac, grate in the onion, and shave the piece of cheese into fine slivers and strew over the soup. Place a closely packed layer of croutes over the top of the soup and spread on the grated cheese, covering the croutes completely. Sprinkle a tablespoon of oil or butter over the cheese, and set the soup in the middle level of a preheated 350-degree oven. Bake for about 30 minutes, or until soup is bubbling slowly and cheese has melted. Meanwhile, heat up our broiler to red hot; just before serving run the soup under the hot broiler for a moment to brown the cheese lightly. Pass remaining croutes in a bread tray along with the soup.

