

SUNDAY - STARTER

French Onion Soup

Serves: 10 Persons



Recipe Ingredients

Soup

1kg	Frozen sliced white onions	
1tbsp	Frozen garlic	
2tbsp	Brown sugar	
300ml	Red wine	
2litres	Water	
2tbsps	Beef stock	Not suitable for V/VG/GF (see page 3)
2tbsps	Veg stock	Not suitable for GF
	Corn flour mix (4 tbsp. of flour mixed with 4 tbsp. of cold water)	
	Gravy browning	V/VG (see page 3)



Croutons 1 slice Baguette, per person

Grated Emmental cheese Not suitable for **LF/VG** (*see page 3*)

Chopped parsley to garnish

Morning Preparation

10.50am

136. Add all of the soup ingredients (apart from salt, pepper, gravy browning and corn flour) into a medium saucepan. If you have a **V/VG** remember to remove some soup to a separate pan and do not add beef stock, all other ingredients are suitable.
137. Make sure ingredients are just covered with liquid. Add more water if needed.

Evening Preparation

5:00pm

138. Put the soup on a high heat and bring to the boil.
139. Lower to a medium heat and simmer for approx. 2 hours.

6.30pm

140. Slice the baguette on the diagonal for the croutons.
141. Place them on a tray lined with baking paper.
142. Drizzle with vegetable oil and toast in the oven for 2 minutes on each side until golden. When ready, set aside to cool.
143. Flip potatoes

7:00pm

144. Taste the soup for seasoning; it might already be salty from the stock, so just add pepper if needed.
145. Slowly stir in corn flour mixture, stirring the pan until the soup thickens to a consistency that will coat the back of a spoon (see video).
146. Finish off with a splash of gravy browning for the right colour.
147. Put on the back of the stove on a very low heat to keep warm until service.



148. Once the canapés are served, sprinkle grated cheese over the toasted croutons and gently melt in the oven for 3- 4 minutes until golden brown and melted, ensuring that the edges don't burn. Serve plain croutons for **LF/VG**.
149. When ready, put aside until ready to serve.

To Serve

150. Serve in white bowls with a pinch of cheese in the centre of the soup and the cheesy crouton balanced across the top of the bowl, sprinkle with chopped parsley. **VG** a plain crouton, do not add Cheese and **GF** no crouton
151. Place the bowl on a side plate on top of a serviette to avoid the bowl slipping.