



FRENCH ONION SOUP

https://www.mainland.co.nz/recipe/French_Onion_Soup.html



Prep Time
20 MINS

COOKING Time
50 MINS

SERVES
4

Slow cooked onion soup with beef stock is a winter favourite and so good with sweet flavoured havarti toasts.

Ingredients

- 2 tablespoons olive oil
- 25g butter
- 1 kg onions, sliced
- 1 teaspoon sugar
- 1 teaspoon salt
- 2 teaspoons fresh thyme leaves
- 1 tablespoon flour
- ½ cup red wine
- 1.2 litres beef stock
- 1 baguette, sliced
- 100g Mainland Havarti, grated
- chopped parsley to garnish

Method

1. Put the oil, butter, onions, sugar, salt and thyme in a large heavy based saucepan.
2. Fry gently over a low heat for 20 minutes, covered, stirring occasionally until softened. Turn up the heat and cook until the onions caramelise, about 20 minutes.
3. Add the flour and cook for a minute, then add the red wine and reduce by half. Add the beef stock and bring up to a simmer. Adjust the seasoning to taste.
4. Put the bread slices on a tray and put under a grill to toast. Flip the bread over and top with the havarti. Put under the grill until melted and lightly browned.
5. To serve ladle the soup into warmed bowls and add a couple of toasts on top of the soup. Garnish with a little parsley.