

LEO TEATERO

French Onion Soup



Ingredients

Metric /Imperial

4 tbsp. /50g unsalted butter, cut into 4 parts

1 tbsp. /15g extra-virgin olive oil

2 pounds yellow onions like Cevennes (cut in half lengthwise and sliced 1/4-inch thick)

1 tbsp. /15g sugar

1 tbsp. /15g all-purpose flour

1/2 cup dry sherry

4 cups / 1 litre of homemade beef stock

2 tsp. / 15g chopped fresh thyme

Coarse salt and freshly ground black pepper

1 1/2 cups / 150g of medium-hard cheese, such as Gruyere or Swiss, grated on the large holes of a box grater

1 small French baguette, sliced on a bias into 3/4-inch thick pieces or thick toast cut to fit the bowls.

Melt butter and olive oil in a large Dutch oven or heavy pot over medium heat. Add onion, stirring occasionally to keep them from sticking. Sprinkle with sugar, and cook, until they are melting and soft, golden brown, and beginning to caramelize, about 1 hour. I've actually photographed it, so you can see how it reduces and changes colour over the hour.





Sprinkle flour over onions, and stir to coat. Add thyme, then sherry and cook until some of the alcohol burns off. Then add the stock and bring to a simmer. Simmer, partially covered, for about 30 minutes, to allow the flavors to combine, and then season with salt and pepper to taste. Cover it if the liquid is becoming too thick. This can be done in advance and stored in the refrigerator in a sealed container. Simply reheat when ready.



For the bread, preheat the broiler or turn the oven to 200°F/400°C. Arrange bread on a rimmed baking sheet and broil until deep-golden brown on both sides, about 2 to 3 minutes per side; set aside.

Ladle 1-cup hot soup into four 13-ounce ramekins or ovenproof bowls. Arrange the bowls on a rimmed baking sheet. Place 2 slices of toasted bread over each bowl of soup to cover the surface of the soup completely. Sprinkle 3 ounces grated cheese and a dash of freshly chopped parsley over bread in each bowl.



Place under broiler until cheese is melted and crusty brown around the edges about 5 to 6 minutes. Watch carefully that bread doesn't burn. Serve immediately.