



FRENCH ONION SOUP

MISE EN PLACE

- Plan to have all the ingredients needed for your vegetable stock on hand, since you will be making the stock with Cyrilles during your class.
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FRENCH ONION SOUP *(makes 3 litres)*

Recipe by CYRILLES KOPPERT

Soup

1.5 kg Sliced Onions
2 tbsp Garlic
2 cups Red Wine
2 Bay Leaves
1 tbsp Herb de Provence
Salt and Pepper to taste
2 litres Vegetable Stock*

Vegetable Stock

carrot, onion w/ skin, celery, bay leaf, peppercorn, thyme, rosemary, crushed garlic, salt & pepper, mace, water

Parsley Butter

1 bunch Parsley chopped
1 tbsp Garlic crushed
1 tbsp fresh (thyme, rosemary Or use dried herbs like basil and oregano)
½ lb SALTED butter

Soup Toppings

1 tbsp finely sliced Chives (for garnish)

*85 grams grated Swiss Cheese per person
1 small Baguette (for crostini) – or any bread*

**NOTE: We'll be making vegetable stock in class. At home you can also substitute your favourite beef stock.*

- **Stock:** Place the stock ingredients in a pot, and cover with water. Bring up to a simmer then cook at a simmer for approximately one hour.
- **Soup:** In a medium pot, slowly sweat onions with salt and oil over low heat. Constantly stir until onions start to caramelize (turn brown). This step is very important to bring out the flavour of the onion. Be patient! When onions are completely caramelized, deglaze the pot with red wine
- Add the garlic, vegetable stock, bay leaves and herb de Provence.
- Allow all the flavors to simmer together on low heat for a half an hour. Add salt and pepper for seasoning to taste.
- **Parsley Butter:** Take all above ingredients and whip together – add salt and pepper to taste.
- **Toasted Bread:** Slice baguette into crostini size. Brush finished parsley butter onto the crostini size baguette pieces. If not baguette, you may use any bread.
- Bake the baguette slices or cubed bread pieces in the oven for 3 to 4 minutes, until golden brown & crisp
- **Assembly:** Ladle the finished soup into an oven safe soup bowl. Leave enough room to top with cheese and crostini. Top the soup with the toasted crostini & Swiss cheese
- Gratin in the oven on high heat until golden brown, roughly 8 minutes.
- Garnish the soup with chives and serve.

****This soup is always better the next day - you can freeze the remaining soup****

EQUIPMENT

Cutting boards and knives
Measuring cups and spoons
Pot for stock
Medium pot for soup
Box grater for cheese