

Soupe a l'Oignon ~ French Onion Soup Serves 4-6.



INGREDIENTS

- 6 large sweet onions, peeled and thinly sliced
- Olive oil to saute
- ¼ tsp. granulated sugar
- 2 cloves garlic, minced
- 8 cups of beef stock, chicken stock, or a combination of the two (traditionally the soup is made with beef stock)
- ½ cup dry vermouth or dry white wine
- 1 bay leaf
- ¼ tsp. dry thyme
- Salt and pepper
- 8 slices of toasted French bread
- 1 ½ cups grated Gruyere cheese and a little grated Parmesan cheese

METHOD

1. In a large saucepan, sauté the onions in the olive oil on medium high heat until well browned, but not burned, about 30-40 minutes - longer if necessary. Add the sugar about 10 minutes into the process to help with the caramelization process. [Learn more about How to Caramelize Onions](#)
2. Add garlic and sauté for 1 minute. Add the stock, vermouth or wine, bay leaf and thyme. Cover partially and simmer until the flavors are well blended, about 30 minutes. Season to taste with salt and pepper and discard the bay leaf.
3. To serve, ladle the soup into individual deep *ovenproof soup bowls. Cover with the toast and sprinkle with cheese. Put into the broiler for 10 minutes at 350 degrees F, or until the cheese bubbles and is slightly browned. Serve immediately.

**In France, Soupe a l'Oignon is traditionally served in porcelain Lion's Head soup bowls, as pictured. French porcelain is developed and tested to provide the ideal qualities of thickness and heat distribution with the most resistance to extreme temperature changes. The finished product has a nonporous surface for easy cleaning and resistance to scratches and chipping from freezer to hot oven. Maximum temperature + 572 degrees F - not to be placed directly over flame. Radiates heat to the heart of the food and keeps it hot on the table. Contains no lead or cadmium. Does not absorb grease or odors.*

HOW TO CARAMELIZE ONIONS

INGREDIENTS

- Sweet onions
- Olive oil
- Butter (optional)
- Salt
- Sugar
- Dry Sherry or Balsamic vinegar to deglaze the pan

METHOD

Peel and slice off the top end and then the root end of the onions; cut in half. Lay cut side down on a nonporous cutting board and thinly slice lengthwise.

Use a wide, heavy-bottom sauté pan. Coat the bottom of the pan with olive oil, or a mixture of olive oil and butter (about 1 teaspoon per onion). Heat the pan on medium/high heat until the oil is shimmering. Add the onion slices and stir to coat the onions with the oil. Spread the onions out evenly over the pan and let cook, stirring occasionally. After 10 minutes, sprinkle some salt over the onions. Add some sugar to help with the caramelization process - approx: 1 tsp. per 5 onions.

As soon as the onions start sticking to the pan, let them stick a little and brown, but stir them before they burn. The trick is to let them alone enough to brown (if you stir them too often, they won't brown) but not so long so that they burn. After the first 20 to 30 minutes you may want to lower the heat a little. More oil can be added at this point if the onions are verging on burning. Try to scrape up the browned bits from the bottom of the pan during the caramelization process. Continue to cook and scrape, cook and scrape, until the onions have achieved a rich, browned color. At the end of the cooking process add a little balsamic vinegar or dry sherry to help deglaze the pan and bring some additional flavor to the onions.

Caramelized onions can be stored refrigerated for several days in an air-tight container.