

French Onion Soup



Serves 4

Prep 10 mins

Cooking 1h

Easy



Ingredients

French onion soup

1 portion onion gravy,
thawed overnight in the
fridge
4 slices French baguette
50g gruyère, grated
chopped parsley to serve

Onion gravy (makes gravy for 2 dishes)

25g butter
1 tbsp olive oil
3 onions, peeled, halved & finely sliced (use food processor)
1 tsp light brown soft sugar
50g flour
2x415 cans beef consommé
salt & pepper

1. **Onion gravy:** In a large heavy based pan, melt the butter and oil over a medium heat until the butter is foaming. Add the onions and mix well in the hot butter.
2. Turn down the heat, cover the pan and cook gently for 10 mins, stirring every now and then. Add the sugar, increase the heat and cook for a further 10-15 mins, until golden. Watch the mix and stir often enough to make sure the onions do not stick to the pan and burn.
3. When the onions are a golden colour, remove the pan from the heat, sprinkle in the flour and mix well (the amount of flour you use will depend on how thick you like your gravy). Gradually add the beef consommé and keep mixing until the gravy is smooth.
4. Return the pan to the heat once again and bring slowly to the boil, stirring all the time, then simmer for a couple of minutes or until thickened. Season to taste. Remove from the hob and leave to cool.
5. When cold, transfer the gravy into two freezer-proof containers, cover, label and freeze for up to 1 month.
6. **French onion soup:** tip the onion gravy into the pan, bring slowly to the boil and let it simmer for 3-5 minutes, stirring.
7. Meanwhile, preheat the grill to hot. Liberally scatter the bread with a generous amount of grated cheese on one side and grill until the cheese is melted. Remove from the heat. (You can toast the baguette on both sides first)
8. Ladle the onion soup into warm bowls and top each with two slices of cheesy toast. Garnish with chopped parsley and serve.