



French Onion Soup

Servings: 6

Prep Time: 15min

Cook Time: 35min

Ingredients

- 50g butter
- 1kg onions, halved and thinly sliced
- 3 - 4 fronds of thyme
- 5ml white sugar
- 4 cloves of garlic, thinly sliced
- 30ml wheat cake flour
- 2 beef stock cubes dissolved in 1.3 l boiling water
- 6 - 12 slices of French bread
- 140g mozzarella cheese, finely grated

Directions

1. Melt the butter in a large saucepan. Add the onions and thyme, fry with the lid on for 6 - 8 minutes, until softened. Sprinkle with the sugar and cook for another 10 - 12 minutes on low heat, stirring frequently, until caramelised. Take care not to let the onions blacken or burn while cooking.
2. Add the garlic to the pan and cook for further 3 minutes on low heat. Add the flour and stir well. Increase the heat and keep stirring as you gradually add the beef stock. Reduce heat, cover and simmer for 15 - 20 minutes. Remove the thyme fronds.
3. Meanwhile, toast the French bread under the grill, then set aside, but leave the grill on.
4. To serve, ladle the soup into heatproof bowls and put a slice or two of toasted bread on top, then sprinkle on the cheese. Grill until the cheese has just melted before serving.