

For the Love of Good Food

A wonderful winter warmer, popular with all ages, is the following recipe for French Onion Soup. To keep it French I have used a French cheese, but any good melting cheese would do. If you like Jack cheese, use it as a substitute, but the taste is much sharper and less subtle than the French version.

This dish was invented it is said to warm up the porters after they completed their night shift unloaded their fresh produce at Les Halles, which is the central market in Paris, in the very early hours of the morning. They would be supping this dish at about the time we are thinking of a standard breakfast menu.

French Onion Soup

1 oz of butter	2 pints good beef stock/broth
2 onions, thinly sliced	4 slices French stick bread
1 teaspoon sugar	1/2 cup grated Emmental cheese
salt & pepper	paprika to sprinkle

1. Melt the butter in a shallow, heavy-based pan, add the onions, sugar and salt and cook the onions over a steady heat for 15-20 minutes until they are well browned but not burnt. (Browning the onions will give the soup its delicate flavor and color.)
2. Transfer the onions to a larger saucepan, add the stock and simmer for 25-30 minutes.
3. Season the soup with freshly ground black pepper and divide among 4 flameproof bowls.
4. Float a piece of bread on the surface of each bowl, sprinkle with the cheese and paprika and finish under a hot broiler until golden brown.

Questions and comments welcome to s.prescott2@gte.net