



UCCOOK

French Onion Soup

with cheesy baguette rounds

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Veggie: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Groote Post Winery | Groote Post Old Man's Blend White Blend

Nutritional Info

	Per 100g	Per Portion
Energy	775kJ	3390kJ
Energy	185kcal	810kcal
Protein	7.6g	33.2g
Carbs	26g	112g
of which sugars	3.6g	15.6g
Fibre	1.7g	7.3g
Fat	4.8g	21.1g
of which saturated	2.6g	11.5g
Sodium	383mg	1678mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites, Alcohol

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Onions <i>peel & finely slice</i>
30ml	40ml	Cake Flour
2	2	Garlic Cloves <i>peel & grate</i>
125ml	160ml	White Wine
2	2	Vegetable Stock Sachets
15ml	20ml	Dried thyme
15ml	20ml	Worcestershire Sauce
150g	200g	Emmental Cheese <i>grate</i>
180ml	240ml	Panko Breadcrumbs
3	4	Sourdough Baguettes <i>cut into thick rounds</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Butter (optional)

Seasoning (salt & pepper)

1. LET'S START THE SOUP Preheat the oven to 200°C. Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 10-12 minutes (shifting occasionally). Mix through the flour and garlic and cook out, 2-3 minutes (shifting constantly). Pour in the wine and simmer until almost evaporated, 2-3 minutes. Mix in the stock, 1,2L [1.8L] of water, the thyme (to taste), and the worcestershire sauce. Simmer until reduced and thickened slightly, 15-20 [20-25] minutes (stirring occasionally). Mix through a sweetener (to taste) and lightly season. Top with ½ the cheese, cover and set aside to melt.

2. OH CRUMBS! Place the breadcrumbs in a pan over medium-high heat and dry toast until starting to brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CHEESY BREAD Spread the bread slices out on a roasting tray and drizzle with oil. Place into the oven until toasted, 4-5 minutes. Just before serving, top the slices evenly with the remaining cheese and return to the oven until the cheese is melted, 3-5 minutes.

4. O LA LA, CHEF! Dish up the sumptuous French onion soup and top with the golden breadcrumbs. Serve the cheesy bread on the side for dunking. Enjoy, Chef!