



# UCCOOK

## French Onion & Camembert Baguette

with mushrooms, thyme & a fresh salad

The grilled cheese of dreams! The flavours of French onion soup seep deep into this crunchy delight, while camembert brings a gooey element and that famous cheese pull. Side this with a fresh green salad and a rich soup-like dipping sauce, and you have yourself an easy and unforgettable dinner!

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**Hands-On Time:** 15 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Jeannette Joynt

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 Veggie

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 Fat Bastard | The Golden Reserve

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## Ingredients & Prep

1	Garlic Clove <i>peeled &amp; grated</i>
4g	Fresh Thyme <i>rinsed, picked &amp; roughly chopped</i>
10ml	Vegetable Stock
125g	Button Mushrooms <i>finely sliced</i>
1	Onion <i>½ peeled &amp; roughly sliced</i>
100ml	White Wine
1	Sourdough Baguette <i>halved lengthways</i>
65g	Camembert <i>thinly sliced</i>
1	Tomato <i>cut into quarters</i>
20g	Salad Leaves <i>rinsed</i>
5g	Pine Nuts

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter (optional)  
Sugar/Sweetener/Honey

**1. TOO MUSH FUN** Place a pan over a medium-high heat with a drizzle of oil. When hot, add the grated garlic, the chopped thyme, and the stock. Fry for 1 minute, until fragrant, shifting constantly. Add the sliced mushrooms and fry for 4-5 minutes until soft and golden, shifting occasionally. Remove from the pan on completion.

**2. GOLDEN ONIONS** Return the pan to a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 7-9 minutes until soft, browned and caramelised, shifting occasionally. At the halfway mark, add a sweetener of choice (to taste) to caramelise it further. On completion, add the white wine and leave to simmer for 1-2 minutes, until almost all evaporated. Remove from the heat and add the fried mushroom mixture. Mix until fully combined. Season to taste.

**3. LET'S TOAST** Butter the cut-side of the halved baguettes or drizzle with oil. Place a pan, with a lid, over a medium-high heat. When hot, add the bottom baguette half, cut side-up. Top the cut side with the camembert slices and ¾ of the mushroom and onion mixture. Close up with the other baguette half. Cover with the lid and fry for 3-5 minutes until the cheese has melted.

**4. BROTHY DIP** Return the remaining mushroom mixture pan to a medium heat. Add 50ml of warm water and mix until fully combined. Simmer for 2-4 minutes until slightly thickened. In a salad bowl, combine the quartered tomatoes, the rinsed salad leaves, a drizzle of oil, and seasoning.

**5. BON APPETIT!** Cut your loaded baguettes in half horizontally. Side with the fresh salad and sprinkle over the pine nuts. Stunning, Chef!

## Nutritional Information

Per 100g

Energy	468kj
Energy	112Kcal
Protein	4.9g
Carbs	13g
of which sugars	2.5g
Fibre	1.5g
Fat	3.1g
of which saturated	1.5g
Sodium	341mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,  
Tree Nuts, Alcohol

Cook  
within 1  
Day