



UCOOK

Classique French Onion Soup

with cheesy gruberg baguettes & mushrooms

Classics are classics for a reason, and French onion soup is the ultimate classic, comfort dish. Deeply caramelized onions, spiked with the umami-ness of rich mushrooms and a sneaky twist of cannellini beans. The dish is incomplete without a gooey, cheesy gruberg baguette for dipping. Bon appétit, mon chéris!

Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Ella Nasser

 Vegetarian

 No paired wines

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Ingredients & Prep

3	Onions <i>peeled & finely sliced</i>
3	Red Onions <i>peeled & finely sliced</i>
170g	Button Mushrooms <i>wiped clean & finely sliced</i>
3	Garlic Cloves <i>peeled & grated</i>
6g	Fresh Thyme <i>rinsed & picked</i>
85ml	De-alcoholised White Wine
22,5ml	Vegetable Stock
180g	Cannellini Beans <i>drained & rinsed</i>
45ml	Mushroom Soy Sauce
3	Fresh Bay Leaves
3	Sourdough Baguettes <i>halved lengthwise</i>
90g	Gruberg Cheese <i>grated</i>
12g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter

1. GLORIOUS FRENCH SOUP Boil the kettle. Place a large pot over medium-high heat with a drizzle of oil and a knob of butter. Fry all the sliced onions for 15-20 minutes until softened and caramelized, stirring occasionally. When the onions are fully caramelized, add in the sliced mushrooms, grated garlic, picked thyme and white wine. Cook for 3-5 minutes until the wine has evaporated, shifting occasionally. Dilute the vegetable stock with 800ml boiling water.

2. UMAMINESS & CREAMY CANNELLINI Turn the oven to the highest temperature setting or on to the grill. In a blender, add ⅓ of the onion mixture, the drained cannellini beans and ½ of the diluted stock. Pulse until smooth. Return to the pot with the remaining onion mixture and mix until fully combined. Stir the bay leaves, remaining diluted vegetable stock, and the mushroom soy sauce through the soup simmer for 8-10 minutes until slightly thickened. Season to taste.

3. TOAST THOSE BAGUETTES Place baguette halves on a roasting tray, cut side up, and top evenly with grated gruberg. Grill on the top rack of the oven for 2-3 minutes until the cheese is melted and bubbly. Watch carefully – it can burn quickly!

4. BON APPÉTIT! Ladle the french onion soup into bowls, sprinkle over the chopped fresh parsley, and serve with cheesy gruberg baguette slices. Bon appétit, mon chéris!



Chef's Tip

To help thicken the soup you can use flour or cornflour. Stir your choice of flour through the onion before adding the stock and cook for an additional minute.

Nutritional Information

Per 100g

Energy	471kj
Energy	113Kcal
Protein	4.4g
Carbs	17g
of which sugars	3.3g
Fibre	1.9g
Fat	2.3g
of which saturated	1.4g
Sodium	255mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Soy

Cook
within 1
Day