

FRENCH ONION SOUP



INGREDIENTS

3 tbsp	Canola Oil	45 ml
6 large	BC Yellow Onions, thinly sliced	3 lbs
1 tsp	Thyme (use 3 fresh sprigs if you have it)	5 ml
1	Bay Leaf	1
1 tbsp	Tomato Paste	15 ml
1 cup	Red Wine	250 ml
8 cups	Beef Stock	2 L
1	Baguette, sliced and toasted	1
1 cup	Gruyere or Swiss cheese, grated	250 ml
4 tsp	Parsley, chopped	20 ml
to taste	Salt & Pepper	to taste

DIRECTIONS

1. Heat the oil in a large saucepan over medium heat.
2. Add the onions and slowly fry them until they are very soft and golden brown. This will take about 25 minutes. Don't rush this. It takes time for the onions to get sweet and tasty.
3. Add the thyme, bay leaf and tomato paste and cook for 2 minutes.
4. Add the red wine and continue to cook until wine is reduced to half of the original amount.
5. Add the beef stock and simmer for 20 – 25 minutes.
6. Taste and add salt and pepper as needed.
7. To complete the dish, place 8 oven safe bowls on a baking sheet, then portion the soup into each bowl.

8. Place one piece of toasted baguette on top of the soup in each bowl and then top with grated cheese.
9. Turn on your oven's broiler. Place bowls under the broiler on the top rack. Broil until the cheese is bubbling and golden brown.
10. Remove from the oven, garnish with chopped parsley. Serve and enjoy. (The bowls will be quite hot, so handle with care.)



CHEF'S TIP

This is a tasty classic. It starts on the stove top and finishes in the oven, so get those oven safe bowls ready.