



COOKING WITH SAFTA

CATEGORY
SOUPS

ONION SOUP

INGREDIENTS

3-4 Large Onions or 5-6 medium sized onions,

2 containers of beef stock or vegetable stock,

$\frac{3}{4}$ of a cup of dry white wine or $\frac{1}{2}$ a cup of dry sherry.

Salt, Pepper, Thyme and Bay leaf; Oil, Butter, Sugar and Flour

Fontina or gayer cheese and baguette.



PREPARATION:

Slice onions (thin and long slices) place in a pot with 2 tbs of oil and 2 tbs of butter. Cook it on low medium heat until the onions become translucent (about 7-8 minutes). Raise the temperature to Medium High add 2 teaspoons of sugar and continue cooking until the onions are caramelized. Add a tablespoon of flour cook it for a minute or so more and add the wine or sherry to the onions. Deglaze and let the alcohol evaporate. Add the (beef or Vegetable) stock, add pepper, thyme, and salt. Cover the pot and cook for about $\frac{1}{2}$ hour, Taste and adjust seasoning if needed and remove the Bay Leaf.

Serving:

Option 1: Toast baguette, put in an oven-proof bowl. Place a slice of cheese on the baguette. Place under the broiler until the cheese melts.

Option 2: Place the baguette and cheese under the broiler, let it melt and place it on top of the onion soup plate

SAFTA's SECRETS

BON APPETITE!