

Soupe A L'Oignon

The onions for an onion soup need a long, slow cooking in butter and oil, then a long, slow simmering in stock for them to develop the deep, rich flavor which characterizes a perfect brew. You should therefore count on 2 ½ hours at least from start to finish. Though the preliminary cooking in butter requires some watching, the actual simmering can proceed almost unattended.

For 6-8 Servings:

1 ½ lbs. Or about 5 cups of thinly sliced yellow onions

3 Tbs. Butter

1 Tb. Oil

A heavy-bottomed, 4-quart covered saucepan

Cook the onions slowly with the butter and oil in the covered saucepan for 15 minutes.

1 tsp. Salt

¼ tsp. Sugar (helps the onions brown)

Uncover, raise heat to moderate and stir in the salt and sugar. Cook for 30-40 minutes stirring frequently, until the onions have turned an even, deep, golden brown.

3 Tbs. Flour

Sprinkle in the flour and stir for 3 minutes.

2 Quarts boiling brown stock, canned beef bouillon, or 1 quart of boiling water and 1 quart of stock or bouillon.

½ Cup dry white wine or dry white vermouth

Salt and Pepper to taste

Off heat, blend in the boiling liquid. Add the wine, and season to taste. Simmer partially covered for 30 to 40 minutes more, skimming occasionally. Correct seasoning.

A fireproof tureen or cassarole or individual onion soup pots

2 Ounces Swiss cheese cut into very thin slivers

1 Tbs. Grated raw onion

12-16 rounds of hard toasted French bread.

Preheat oven to 325 degrees. Bring soup to the boil and pour into the tureen or soup pots. Stir in the slivered cheese and grated onion. Float the rounds of toast on top of the soup, and spread the grated cheese over it. Sprinkle with the oil or butter. Bake for 20 minutes in the oven, then set for a minute or two under a preheated broiler to brown the top lightly. Serve immediately.