

Idiot's Kitchen Recipe – French Onion Soup

Recipe from www.idiotskitchen.com – Adapted from Dorie Greenspan



Ingredients:

5 or 6 Large Yellow Onions (also called Spanish Onions) – thinly sliced
2 Tablespoons Butter
2 Tablespoons Olive Oil
2 Cloves Garlic – finely chopped
1 Tablespoon Flour
1 Cup Dry White Wine
4 Cups Beef Broth
4 Cups Chicken Broth
Fresh Parsley
Fresh Thyme
Dried Bay Leaves
Salt & Pepper
Cognac
French Bread
Grated Gruyere or Emmentaler Cheese – about 1/3 cup per bowl of soup

Cut the onions in $\frac{1}{2}$ and slice over the top of the onion to create thin, semicircular strips. Melt 2 Tablespoons of Butter and 2 Tablespoons of Olive Oil in a large soup pot. Using very LOW heat, cook the onions slowly for **60-75** minutes until a deep caramel color. Stir occasionally to prevent sticking. After about 45 minutes of cooking, add 2 cloves minced garlic and a teaspoon of salt to the onions. Continue to cook. Do not try rush through the caramelizing process or use higher heat or the onions will burn and be bitter in flavor.

Sprinkle 1 Tablespoon of flour over the caramelized onions. Cook the flour for about 2 minutes and then add $\frac{1}{2}$ cup of white wine. Scrape up any brown bits from the bottom of the pan. Add 4 cups of chicken broth and 4 cups of beef broth to the pot. Try to use low-sodium broth if available.

Tie several sprigs of parsley and thyme together to make a small bundle. Add the herbs to the pot with 2 bay leaves. Add the remaining $\frac{1}{2}$ cup of white wine. Season with salt and pepper to taste. Bring the soup to a boil and then immediately reduce the heat to low and simmer for 30 minutes.

Prepare the bread by slicing it into inch thick rounds and toasting it on both sides for a few minutes under the broiler. Remove the herb bundle from the soup. Pour 1 Tablespoon of Cognac or Brandy into the bottom of each oven-safe bowl or crock. Ladle the soup into the bowls, top with toasted bread and grated cheese. Cook for a few minutes under the broiler until the cheese is melted, bubbly and golden brown.

Makes approximately 6 servings.