

# French Onion Soup



Prep 10 minutes

Cook 50 minutes

Serves 6

## Soup

4 large onions, preferably brown

50g butter

½ cup water

3 tbsp flour

3 cups water

1kg **Essential Cuisine**

**Beef Stock**

Optional: 2 tbsp port

1½ tsp salt and ½ tsp ground black pepper

**Garnish:** 250g haloumi cheese cut in thin slices or cheese croutons (18 rounds of French bread and 150g Gruyère cheese, grated)

**Crispy Pesto French Bread**  
French loaf

¼ cup **Essential Cuisine Pesto**

¼ cup olive oil

## French Onion Soup

*This satisfying soup never goes out of fashion. Accompany with a green salad for an easy supper or lunch.*

**To prepare soup:** Peel the onions and slice very thinly, discarding the tough part of the root (the slicer blade on a food processor makes a fast job of this). Place onions in a 3 litre capacity pot with butter and ½ cup of water. Cover tightly and cook over medium low heat for 40 minutes, checking after 30 minutes that onions are not catching on the bottom of the pot.

Mix in flour, increase heat to medium and cook another 10 minutes, stirring now and then. Add further 3 cups of water, **Essential Cuisine Beef Stock** and port if using. Stir and bring to a simmer. Season with salt and pepper and simmer for 10 minutes.

**To prepare haloumi garnish:** Fry haloumi slices in a lightly oiled pan until golden on each side. If garnishing the soup with cheese croutons instead of haloumi, cut 18 slices of French bread about 1cm

thick. Spread out on a baking tray, lightly toast and then cover generously with grated Gruyère cheese. Grill until cheese bubbles.

Spoon soup into 6 serving bowls. Divide fried haloumi over each serving, or place a cheese crouton onto each serving of soup and serve the rest of the croutons on a plate for people to help themselves.

**To prepare crispy pesto french bread:** Cut a French loaf in half lengthwise and then each half into 3 pieces. Mix ¼ cup **Essential Cuisine Pesto** with ¼ cup olive oil. Place bread on a baking tray, cut side up and brush with pesto oil mix. Bake at 250°C for about 5 minutes or until golden and crunchy.

