



Recipe of the Week

FRENCH ONION SOUP

Serves 6

Ingredients

3 tabs butter
1 tab brown sugar
2 ½ litres beef stock
½ cup tomato puree
½ cup port
Salt and plenty of pepper
1 kg onions very thinly sliced
2 cloves garlic crushed
1 teasp onion powder
1 tab Worcester sauce
2 tabs cornflour
1 tabs balsamic vinegar
2 slices French bread
20g grated parmesan cheese

Method

1. Sweat onion in butter with sugar over low heat for 30 minutes, stirring occasionally, until tender and caramelised.
2. Add the garlic and cook another 2 – 3 minutes.
3. In a separate large pot heat the beef stock with the tomato puree, and Worcestershire sauce, simmering for 20 minutes.
4. Mix port with cornflour and mix into soup along with onions, and simmer, stirring frequently for another 15 minutes.
5. Season and add vinegar. Dry out French bread in the oven, sprinkle with plenty of grated parmesan and put under the grill until melted and browning.