

French onion soup with cheese toast



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Preparation 35 mins | Cooking 1 hour 30 mins | Serves 4

2 tbs olive oil
50g butter
1.5 kg brown onions, sliced
3 garlic cloves, finely chopped
1 tsp brown sugar
6 cups beef stock
2 bay leaves
2 tsp red wine vinegar

Cheese toast:

4 thick slices baguette bread
Olive oil for brushing
2 garlic cloves, halved lengthways
150g grated gruyère or tasty cheese

STEP 1 Heat oil and butter in a large saucepan over medium-low heat until butter sizzles. Add onions, garlic and sugar and cook, stirring occasionally, for 25-30 minutes until onions are soft and transparent. Uncover and cook, stirring often, over medium heat for 30 minutes or until onions are deep golden and caramelised.

STEP 2 Stir in stock and bay leaves. Cover and bring to the boil over medium-high heat. Reduce heat, cover and simmer, stirring occasionally, for 30 minutes. Season with salt and pepper to taste. Stir in vinegar.

STEP 3 Just before serving, to make cheese toasts, preheat a grill on high and line a grill tray with foil. Brush bread on both sides with oil and rub with the cut-side of the garlic. Grill bread on one side until golden. Turn slices over and top with cheese. Grill until cheese bubbles.

STEP 4 Ladle soup into serving bowls and serve with the cheese toast.