

French onion soup with cheesy toast

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Feeling the chill? This French onion soup is the perfect remedy to cold winter nights.

INGREDIENTS (serves 4)

For the soup:

- 1 kilo brown onions, peeled
- 2 tbsp butter, ghee or coconut oil
- ½ tsp freshly ground black pepper
- 1 L vegetable, beef or chicken stock
- 2 cups water
- ½ cup fresh cream
- Few sprigs fresh thyme, leaves only

For the cheesy toast:

- 4 slices sourdough bread
- 4-6 slices cheddar

Method

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Use a food processor or sharp knife to slice onions finely.

Heat butter, ghee or coconut oil in a large saucepan over medium-high heat until bubbling then add onion. Cook for 10 minutes, stirring often. Season with pepper and once the onion begins to soften and caramelize, add the stock and water. Bring to a boil then simmer for 20 minutes.

Before serving, stir through the cream and thyme leaves. Meanwhile, top sourdough bread with cheese and grill until melted.

Serve soup in bowls with cheesy toast on the side, for dunking in the soup.

The soup will keep in an airtight container in the fridge for up to 5 days.

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Recipe from Martyna Angell, Wholesome Cook.

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