

# PEOPLE'S KITCHEN

## French Onion Soup



### Ingredients

1½ lb (700 g) onions, thinly sliced  
2 tablespoons olive oil  
2 oz (50 g) butter  
2 cloves garlic, crushed  
½ level teaspoon granulated sugar  
2 pints (1.2 litres) good beef stock  
10 fl oz (275 ml) dry white wine  
salt and freshly milled black pepper

### Method

Place the saucepan or casserole on a high heat and melt the oil and butter together. When this is very hot, add the onions, garlic and sugar, and keep turning them from time to time until the edges of the onions have turned dark – this will take about 6 minutes.

Then reduce the heat to its lowest setting and leave the onions to carry on cooking very slowly for about 30 minutes, by which time the base of the pan will be covered with a rich, nut brown, caramelised film. After that, pour in the stock and white wine, season, then stir with a wooden spoon, scraping the base of the pan well.

As soon as it all comes up to simmering point, turn down the heat to its lowest setting, then go away and leave it to cook very gently, without a lid, for about 1 hour.

Taste to check for seasoning and serve with gruyere cheese croutons

