

FRENCH ONION SOUP

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Preparation Time; 15 Minutes

Cooking Time; 15 Minutes.

This Recipe will yield 4 Soup Portions.

Step # 1 – DRY SPICES PREPARATION.

- ½ Tea Spoon of Onion Powder. **(Not Onion Salt)**
- ½ Tea Spoon of Cilantro Leaves (In Flakes)
- 1/8 Tea Spoon of Thyme.
- 1 Pinch of Sage.
- 2 ½ Tea Spoon of Raped Parmesan Cheese.

Put all the above in a small container, put aside.



Step # 2 – SOUP PREPARATION.

Other ingredients.

- 2 Yellow Onion (medium)
Cut in quarters and slice 1/4 inches thick.
- 2 Table spoon of Butter or low fat Margarine.
- 2 Table Spoon of Peanut Oil.
- 1 Tea Spoon of White All purpose Flour.
- 4 ½ Cups of Water.
- 2 Tea Spoon of Beef Bovril.

- 2 1/2 Cups of croutons. (Approximately 1 handful per Soup.)
- 4 Handful of raped Cheddar cheese. (One per Soup)
- 4 Pinch of Raped Parmesan Cheese. (One per Soup)
- 4 Small Pinch of Cilantro. (One per Soup)



METHOD:

In a 4 quart cooking Pot brown the Onions with the Peanut Oil and the Butter or Margarine at high heat until lightly browned.

Then add the One Tea Spoon of Flour and mix with the Onions then add the 4 cups of water and bring the heat down to medium.

Then add the Bovril and the Spice Preparation you did in Step # 1. Mix well, bring to a boil and let simmer at med-low heat for about 10 minutes.

Mix before each pouring and pour the soup equally in four ovenproof Soup Bowls at ¾ full and top with one handful of croutons, Cheddar Cheese and a Pinch of Parmesan Cheese and small Pinch of Cilantro on top.

Place the soup bowls on the second rack from the top and set the oven to broil, this should be ready in about 3 to 4 minutes.

