

FRENCH ONION SOUP

Ingredients:

4 large onions, thinly sliced
2 Tbsp. olive oil
2 Tbsp. butter
1 tsp. sugar
2 Tbsp. flour
4 cups chicken broth¹
1 cup white wine
1 tsp. salt
1/2 tsp. white pepper
1 bay leaf
grated cheese²

Heat the olive oil and butter³ and cook the onions just until they begin to brown. Add the sugar and cook 5 min. more. Incorporate the flour into the onions and mix until the flour sets (2-3 min.). Pour in the chicken broth and wine and mix well to dissolve the flour. Add salt, pepper and bay leaf. Simmer 25 min. more. Serve with slices of French bread and top with grated cheese.⁴

ACTIVITIES

1. Sauté the different types of onions you find in the supermarket and have a taste test to determine which onions you prefer for the soup.
2. Imagine the complete menu of a meal which begins with onion soup.
3. In what ways can you serve the soup with bread and cheese?
4. Find other onion soup recipes on-line. What differences do you find?
5. Prepare the two versions of onion soup (white wine and chicken broth vs. red wine and beef broth). Find several varieties of cheese (*emmental*, Parmesan, *gruyère*, etc.). Organize a tasting of the different versions, the two soups without cheese, with different cheeses, and vote on the most popular, the tastiest, the sweetest, the strongest, etc.

Notes:

- ¹ You can make this recipe using white wine and chicken broth or red wine and beef broth, which gives a stronger tasting, darker soup.
- ² Butter gives more flavor but burns at a relatively low temperature. Adding oil allows the butter flavor to remain but raises the cooking temperature that is possible.
- ³ You can use any cheese that grates easily. If you prepare individual bowls for the oven, you can use slices of *emmental* or *gruyère*.
- ⁴ You can prepare a bowl by pouring the soup over bread with grated cheese on it and putting it in the oven for several minutes so that the cheese melts, as it is served in many restaurants.