
French Onion Soup V

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

Servings: 12

5 cups thinly sliced onions

3 tablespoons butter

1 tablespoon oil

1 teaspoon salt

1/4 teaspoon sugar

3 tablespoons flour

8 cups beef bouillon or broth (four bouillon cubes to eight cups of water)

3 teaspoons grated raw onion

2 ounces Swiss cheese, cut into thin slivers

2 cups grated Swiss cheese (or Swiss and Parmesan cheese)

rounds of hard-toasted French bread sliced 1/2 inch thick, brown on each side under the broiler

salt (to taste)

pepper (to taste)

In a large saucepan, melt the butter and oil. Add the onions. Cover and cook very slowly over low heat for 20 to 25 minutes. Add the salt and sugar.

Increase the heat and saute', stirring frequently, for 15 minutes until the onions are golden brown. Stir the flour in well. Blend in the bouillon and simmer, stirring occasionally, for 30 to 40 minutes. Correct the seasoning with salt and pepper. Set aside until shortly before baking.

At serving time, preheat the oven to 325 degrees. Bring the soup to a boil. Stir in the grated raw onion and cheese slivers. Pour over the toast rounds in individual baking dishes. Sprinkle the top generously with the grated cheese.

Bake 20 minutes and then place under the broiler for 2 minutes to brown the top lightly.

Let stand for 5 to 10 minutes before serving.

(If desired, this soup is further enhanced by adding 1/2 teaspoon of brandy to each serving before heating in the oven.)

Soups, Chili, Stew

Per Serving (excluding unknown items): 79 Calories; 5g Fat (60.3% calories from fat); 2g Protein; 6g Carbohydrate; 1g Dietary Fiber; 12mg Cholesterol; 221mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.