

Roquefort Onion Soup

Fresh Ways with Soups & Stews
Time-Life Books

Servings: 8

1 tablespoon unsalted butter
1 tablespoon safflower oil
2 pounds onions, thinly sliced
2 cloves garlic, finely chopped
8 cups unsalted chicken or veal stock
2 cups dry white wine
2 teaspoons fresh thyme OR 1/2
teaspoon dried thyme leaves
2 teaspoons fresh lemon juice
1/2 teaspoon salt
1/8 teaspoon cayenne pepper
freshly ground black pepper
4 ounces Roquefort cheese, crumbled
1 tablespoon fresh parsley, chopped

Preparation Time: 45 minutes

Melt the butter and oil in a large, heavy-bottomed pot over medium-low heat. Add the onions and garlic and partially cover the pot. Cook for 3 minutes, stirring once. Remove the lid and continue cooking, stirring frequently, until the onions are browned - 20 to 35 minutes. Pour in six cups of the stock and the wine, then add the thyme. Bring the liquid to a boil, lower the heat and simmer the mixture until it is reduced by one third - about 30 minutes. With a slotted spoon, remove about 1-1/2 cups of the onions and set them aside.

Puree' the soup in a blender, food processor or food mill. Return the soup to the pot and stir in the reserved onions. Pour in the remaining two cups of stock, then add the lemon juice, salt, cayenne pepper and some black pepper. Reheat the soup over medium heat for 2 minutes. In the meantime, combine the cheese and parsley in a small bowl and sprinkle the mixture over the soup just before serving.

Start to Finish Time: 1 hour 15 minutes

Per Serving (excluding unknown items): 148 Calories; 6g Fat (49.4% calories from fat); 4g Protein; 10g Carbohydrate; 2g Dietary Fiber; 13mg Cholesterol; 396mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	148	Vitamin B6 (mg):	.1mg
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