

Classic French Onion Soup: The Perfect Winter Lunch

I belong to both a food co-op and a produce club in Whitehorse, but even so I can never be sure I'll get staples like onions or garlic in any given week. Last week I ran out of cooking onions and stocked up at the grocery store, then bingo! we received another kilo the very next day in the produce club order. So my charming roommate Hector made onion soup.



Classic French Onion Soup

5 medium cooking onions, cut in half and thinly sliced
¼ lb. (115 gr.) butter
6 cups (1.5 L) strong, dark, moose, bison, or beef stock
about 4 Tbsp. (60 mL) cognac or sherry
four to six thick slices of bread—just use whatever's on hand
1½ cups (375 mL) grated old white cheddar or gruyère

1. Sauté onions in butter in a large saucepan over medium-low heat until onions are browned and aromatic, about 30 minutes.
2. Warm stock in a separate saucepan, add to browned onions, add a couple of tablespoons (30 mL) cognac or sherry, bring to a slow boil and let simmer for 30 minutes. Remove from heat, cool to room temperature and store in fridge.
3. When you're ready to serve, heat soup in a saucepan. Toast bread, estimating about one slice per bowl, and slice or tear into rough croutons. Pour hot soup into bowls, add a dash of sherry or cognac, top with croutons, add grated cheese to cover, put on a baking sheet and broil at high until cheese is browned and bubbling, about 1 minute. Serve at once.

Makes six servings.