



French Onion Soup

Ingredients

- 4 Tablespoons of Olive Oil
- 4 Large Yellow Onions
- 4 Cups of Beef Broth
- 2 Cloves of Garlic, finely chopped
- 1 Tablespoon of Flour
- 1 Tablespoon of Sugar
- Croutons
- 12 slices of Provolone Cheese (thinly sliced)

Directions

- Cut the onions (root to stem) into quarters. Use a food processor with slicing blade to slice each quarter.
- Heat a large pot or Dutch Oven on the stovetop over medium high heat. Add the Olive Oil
- Add the onions to the pot and stir to coat onions with oil.
- Cook onions in the pot for about 8 minutes, turning the onions every 2 minutes, until they turn golden.
- Add the garlic and sugar and cook for 2 more minutes, stirring to mix the garlic through the onions.
- Mix the flour with about 1 cup of beef broth until incorporated (no lumps).
- Pour all of the beef broth, including the cup mixed with flour, into the pot and allow to reheat almost to boiling.
- Reduce to a simmer, cover the pot and simmer for a minimum of 20 minutes, for as long as 45 minutes. More time is better.

Serving

- Ladle Soup into a bowl.
- Add approximately 8 Croutons to the bowl, and place 3 slices of cheese over the croutons, leaving a bit of the cheese hanging over the bowl.
- Melt the cheese with a culinary torch, being careful not to overheat the edges of the bowl. Continue until cheese in the middle begins to bubble or brown.

Alternate methods: If the bowls are known to be oven safe, they can be place in the oven on broil, to melt and brown the cheese.

If the bowls are not oven safe but you do not have a culinary torch, the bowls can be placed in microwave to melt the cheese, but the cheese will not brown.