

French Onion Soup

For 4 to 6 people:

60g / 2oz butter,

2 very large white onions, roughly chopped,

2-4 cloves garlic, finely chopped,

10ml / 2 teaspoons sugar,

25g / 1 and half tablespoons plain flour,

5ml / 1teaspoon dried thyme,

3 pints chicken broth, or 2-3 chicken/beef/vegetable stock cubes in 3 pints water,

Pinch of salt and pepper,

French stick cut into slices, olive oil, Gruyere cheese,

Melt the butter in a large saucepan or casserole pot,

Stir in the onions and add the sugar, and cook on a low heat until the onions are translucent,

Stir in the garlic for a couple of minutes – don't let it burn,

Sprinkle the flour over the onions and cook for 2-3 minutes,

Pour in the broth if using (add a stock cube or two if needed), or the stock cubes and water,

Add salt, pepper, and thyme, and simmer for 30-40 minutes,

Lightly toast one side of each slice of French bread, brush olive oil on the other side then sprinkle it with Gruyere cheese, and lightly toast that side too,

Serve each portion of soup with one or two slices of the cheese-topped French bread in the middle of the bowl,

Or: serve the soup with rolls, or toast, or croutons, or flatbread, or oat biscuits...