

French Onion Soup

Season: Winter

Type: Side

Serves: 28 tastings

From the garden: -

Class focus: Quartered & thinly sliced (onion)



Equipment:

Large saucepan x 1
Wooden spoon x 1
Chopping boards and knives
Measuring spoons
Measuring cups
Baking trays x 2
Baking paper
Small plate x 5
Serving bowl x 5
Small soup ladle x 5
Kitchen tong x 5

Ingredients:

2 tablespoons olive oil
20g butter
2 onions (quartered and thinly sliced)
1 ½ teaspoons sugar
¾ teaspoon salt
10 grinds of pepper

2 sprigs thyme (leaves only)
2 ½ tablespoons plain flour

8 cups hot water from the kettle
1 vegetable stock cube

Cheesy Toasts:

14 slices of sandwich bread
1 ½ cups grated cheese

*** (18 slices of bread if it is Year 5 class)**

What to do:

1. Heat oven to 180C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Put the first 6 ingredients in a large saucepan and cook over medium-high heat until onions are caramelised (golden brown in colour).
4. Add thyme and flour, stir until evenly mixed.
5. Add water and stock cube, cook until onions are softened.
6. Meanwhile, place bread on the lined baking trays, sprinkle cheese and bake in the oven for 5 minutes or until cheese is melted.
7. Cut toasts in halves and serve in 5 small plates.
8. Serve soup in 5 serving bowls with a small ladle in each and serve with toasts.