



FRENCH ONION SOUP



Magazine
Oct. | Nov. 07

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MAKES 1 LITRE

Preparation time: 15 min.

Cook Time: 50 min.

INGREDIENTS

1kg thinly sliced onions • 4 cloves finely chopped garlic • 100g butter • 2 tablespoons flour • 3 vegetable stock cubes • 600ml water • 200ml white wine • 200ml red wine • 2 bay leaves • 2 teaspoons cumin powder or ground cumin seeds • Black pepper • Thin bread slices, 2 per bowl • Grated gruyere or emmental cheese, handful for each bowl

METHOD

Melt the butter in a large soup pan • Add the onions, garlic and cumin and leave to cook slowly on a low heat until the onions are soft and glazed • Add the flour and stir for two minutes • Add the water and the wines and cook over a high flame for about 15 minutes • Add the stock cubes, the bay leaves and the black pepper, and leave to simmer for 30 min, stirring once in a while

TO SERVE

Ladle the soup into the bowl, placing a bread slice on top and sprinkling over a handful of gruyere • Place the bowl in an oven preheated to 200°C until the cheese has melted to an attractive golden brown • Serve with a nice glass of Mouchão

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