

# French Onion Soup

## Ingredients

- 2-4 large onions
- 1 tsp sugar
- 1/2 tsp salt
- 1 tsp minced garlic
- 750mL / 3 cups vegetable or beef stock
- 1/2 cup white wine or mead
- bread and cheese

## Method

1. Peel and thinly slice onions, then sauté until beginning to brown.
2. Add sugar and salt, and cook on low heat until caramelised.
3. Add garlic and wine, and scrape pot to deglaze.
4. Add stock and simmer for 30 minutes or until ready to serve.
5. Serve topped with cheesy toast.

## Notes

Beware stomach ache! Digesting large quantities of onions may cause gas.

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Revision #6

Created 8 December 2024 18:52:08 by Anna Pardee

Updated 9 December 2024 22:03:02 by Anna Pardee