

French Onion Soup

INGREDIENTS

- For the soup
- 1/4 cup of unsalted butter or vegetable oil
- 2 1/2 to 3 pounds of yellow onions sliced 1/4-inch thick
- 1 tablespoon of brown sugar
- 1 1/2 teaspoons of kosher salt
- 1/4 cup of dry sherry or vermouth
- 4 cups of beef bone broth
- 1 teaspoon of Worcestershire sauce
- 1/4 teaspoon of ground black pepper
- 2 springs of fresh thyme
- 1 bay leaf
- For the toasts
- 6 (1-inch thick) slices of a baguette
- 1 1/4 teaspoons of Dijon mustard
- 1 cup of grated Gruyere cheese
- Freshly ground black pepper
- 2 Cloves of garlic

METHOD

Turn the Instant Pot to sauté. Add the butter and let melt. Once melted, add the onions, garlic, thyme, and bay leaf and stir to combine. Cook, stirring, until onions slightly soften and start to release liquid, about 5 minutes. Stir in 3 tablespoons water. Cover and seal the Instant Pot, then set to cook on high pressure for 20 minutes, then release pressure to vent immediately.

Remove the lid, and turn the Instant Pot back to sauté. Cook for 5 minutes until some of the liquid evaporates, then add the wine and bring to a simmer, scraping up any brown bits that have collected on the bottom of the pot. Let simmer for 10 minutes, until most of the wine has evaporated. Discard the thyme stems and bay leaf.

Stir in the broth, Worcestershire, thyme, bay leaf, and pepper. Secure the pressure cooker lid in its sealing position, then select the manual setting, and set the time for 5 minutes at high pressure.

(The pot will take about 10 minutes to come up to pressure before the cooking program begins.)



For the toast

Preheat the broiler on your oven and line a baking sheet with aluminum foil. Place broiler-safe serving bowls on the baking sheet, then ladle the soup into the bowls, filling them to about 1/2-inch from the top.

Spread the baguette slices very sparingly with Dijon mustard (1/4 teaspoon per slice), then place the baguette slices on top of the bowls of soup.

Heap a pile of the Gruyere cheese onto each baguette slice. Grind one or two grinds of black pepper on top of each slice. Broil for 3-5 minutes, or until the cheese is bubbly and beginning to brown.

If you don't have broiler-safe bowls, you can toast the cheesy bread separately, then add one slice to each bowl of soup just before serving.