

French Onion Soup
with a nod to Paul Bocuse

Alliance Française DuPage Cooking Demonstration

Saturday, December 11, 2021 at 11:00 am

Presented by Chef Chris Thielman & Karen Thielman

Servings: about 6 large portions

**Special equipment: large saucepan, medium saucepan, medium bowl, wire whisk,
6- 16-ounce oven-safe soup bowls**

Ingredients:

3 ounces European-style salted butter

28 ounces sweet onions, sliced thin in half rings (for example: Vidalia)

2 Tablespoons all-purpose flour

50 ounces beef broth

Salt to taste

3 egg yolks

2 ounces heavy cream

2 ounces Ruby Port

1/8 teaspoon ground nutmeg

6 large slices of crusty country bread, toasted and cut into 2 inch by 1 inch pieces

12 ounces Gruyère cheese, grated (about 2 ounces total for each bowl)

6 teaspoons European-style butter (1 teaspoon for each bowl)

6 Tablespoons fresh rough chopped breadcrumbs (1 Tablespoon for each bowl)

Black pepper, freshly ground

Method:

Melt the butter in a medium to large size saucepan. Add the sliced onions to the butter and cook over high heat for about 10 minutes. Stir occasionally. Lower to medium heat and cook for about 10 more minutes. Stir occasionally. Finally lower to low heat and cook for about 10 more minutes. Cooking the onions should take about 30 minutes total cooking time, ensuring that the onions are very well caramelized.

Add the flour, stir well.

Add the beef broth. Stir with a wire whisk and bring to a boil, then lower the heat to a simmer.

Simmer for 15 minutes. Salt to taste. After simmering, hold on the side.

Mix the following in a medium bowl with a wire whip: egg yolks, heavy cream, Ruby Port, ground nutmeg.

Take 8 ounces of the above cooked onion soup liquid and slowly stir it into the egg, cream and Port mixture, whisking the whole time.

Place this combined mixture in a separate small saucepan. Cook on medium heat and stir constantly until slightly thickened. **DO NOT LET THIS BOIL OR THE SOUP WILL CURDLE.** Set aside.

Turn on the broiler in your oven and position the rack about 8 inches from the heat source OR use an oven set to 450°.

Take 6- 16-ounce size soup bowls which are oven-safe.

Pour about 2 ounces of the combined onion soup/egg/cream/Port mixture in the bottom of each bowl. Place about 3 to 4 pieces of the toasted bread in the bowl, then sprinkle about a Tablespoon of Gruyère on top, then 1 teaspoon butter and a turn of fresh ground black pepper.

Repeat this a second time with another layer of toasted bread, grated Gruyère, melted butter and pepper.

Add the remaining onion soup mixture to each soup bowl almost to the rim, leaving a little room on top.

Top with 1 Tablespoon fresh rough-chopped breadcrumbs. Sprinkle about 3 Tablespoons grated Gruyère on the top.

Place in a hot oven for 15 minutes or 5 minutes under the broiler to brown the cheese.

Serve hot.

Chef's Notes: Separate the Gruyère into 6 portions before layering into each bowl to ensure that you will have an equal amount for each serving.