

French Onion Soup

3 tablespoons butter

2 tablespoons oil

6½ cups (around 1.3 kilos or 6 medium large) peeled onions

1 tablespoon peeled, chopped garlic

3 tablespoons flour

4 cups vegetable stock [Yehuda's Not Chicken Soup](#) or commercial but DO NOT use soup powder

½ cup wine, red or white

2 cups water

1- 2 teaspoons salt, depends on the saltiness of your vegetable stock

6 thick slices bread, OR 3 rolls, cut in half

1 cup grated cheese which melts well with extra cheese to be passed around in a bowl

Directions:

Cut the peeled onions in half and then slice them into thin half moon shape. Melt the butter in a dutch oven or deep pot with the oil. Place all the onions into the pot. Stir the onions into the butter and oil to coat and then, on medium high heat, brown and caramelize the onions, stirring frequently and scraping from the bottom, do not walk away!! and keep this up till the onions cook down somewhat and turn a deep brown. Add the garlic and stir quickly, do not allow to get too dark or they get bitter.. Sprinkle the flour over the mixture and cook several minutes longer until flour is absorbed and brown.

Add the stock, wine, water, and bring to a boil and then lower heat to a simmer and cook for 30 minutes with a tilted lid on it. While the soup is cooking, take the bread or halved rolls and in a toaster oven or oven, toast the bread till brown. Take out the bread and place a heap of grated cheese on the bread. Return to the toaster and heat till cheese melts. Time this to be ready when the soup is ready.

Take deep soup bowls and ladle soup into them and float a piece of cheese toast on top of the soup.