



French Onion Soup

- 1 T. olive oil
- 1 lb. stew meat
- 4 T. butter
- 2-1/2 lbs. thinly sliced onions (3-4 large onions)
- 1/2 t. salt
- 1/2 t. sugar
- 1 T. flour
- 8 cups beef stock
- 1 cup dry white wine
- 1/4 cup brandy, or other good brandy
- 2 sprigs thyme
- 6 slices of French bread, thickly sliced & toasted
- 3/4 lb. Gruyere cheese, grated

1. In a soup pot over medium-high heat, add the olive oil. Then brown stew meat for about 5 minutes. Remove the meat from the pan and put in a small bowl. Set aside.
2. Melt the butter in the soup pot. When the butter has melted, stir in the onions. Then cover, lower the heat to medium and cook for about 10 minutes, just until the onions are softened, but not browned.
3. Then add the salt and sugar to the pot. Turn the heat up to medium-high and begin browning the onions. This will take about 20 minutes and you will want to stir them every few minutes. Make sure to scrape the browned bits off the bottom as you stir the onions. After about 20 minutes the onions will be well caramelized.
4. Sprinkle the flour into the onions and stir for about 1-2 minutes, just to cook the flour. Then begin adding the beef stock, but do so very slowly. Add just a bit at a time, stirring well after each addition. Once you've gotten about 2 cups into the pot, go ahead and add the rest of the broth, the wine, brandy, sprigs of thyme and the browned stew meat. Stir well, then bring the soup to a boil. Then cover the pot with a lid, but only part way. Turn the heat to low and let the soup simmer for 1-1/2 to 2 hours.

To Serve:

Remove thyme stems from the soup. Then ladle into oven-proof bowls that are sitting on a foil-lined, rimmed baking sheet. Place a piece of toasted bread on top of each bowl, bending the bread as necessary to make fit. Then top generously with cheese. Place baking sheet under the broiler until the cheese is bubbly and browned.