

## ingredients

- serves 4

- 4 tablespoons olive oil
- 2 tablespoons butter
- 6 cups yellow onion (900g), thinly sliced
- 1 teaspoon salt
- ½ teaspoon sugar
- 3 tablespoons flour
- 6 cups beef stock (1.4L)
- 1 cup white wine (240ml)
- ½ teaspoon ground sage
- 1 leaf whole bay leaf
- 1 french baguette
- 3 tablespoons cognac, optional
- 12 oz swiss cheese (340g), grated
- pepper, to taste
- 4 oz parmesan cheese (110g), grated

## Nutrition

Calories **1549**  
Fat **64g**  
Carbs **167g**  
Fibre **8g**  
Sugar **38g**  
Protein **45g**

Estimated based on one serving size

## directions

- In your Forje 3Lt pot over medium-low heat, heat olive oil and add butter. Once the butter is melted, stir the onions and coat with oil and butter.
- Cover and cook for 20 minutes, checking occasionally.
- Turn up the heat to medium-high. Add ½ tsp salt and sugar. Stir and keep cooking until onions are brown and caramelized. (the bottom of the pan will develop some browning, it's very important!)
- Stir in flour one tablespoon at a time and cook for about 30 seconds.
- Preheat Oven To 325°F (160°C).
- Add 1 cup (235 ml) of the beef broth. Use a whisk to scrape up (deglaze) the browned bits stuck on the bottom of the pan.
- Add the remaining five cups of beef stock, wine, sage and bay leaf. Bring to a boil. Reduce heat and simmer, uncovered, for 40 minutes.
- In the meantime, cut the baguette into ½ inch (10 mm) thick pieces. Brush with oil on both sides and bake at 325°F (160°C) for 30 minutes, flipping halfway. Once done, increase oven temperature to 350°F (175°C).
- Add optional ingredients.
- In an oven safe bowl, pour the onion soup, filling about ¾ of the way full. Top with a piece of baked baguette, and generously sprinkle the swiss and parmesan on top.
- Bake for two to three minutes or until the cheese has melted completely and become slightly golden.
- Enjoy!

# Autumn French Onion Soup

**Förje**