

Taste the Hills



Recipes and Tips

French Onion Soup – serves 4

Traditionally the bowls of soup are topped with bread and cheese to form a sort of pie crust and then baked but you could just top with a thick slice of cheese toasty.

1 kg of onions, peeled and sliced
A handful of thyme
6 cloves of garlic
1 bayleaf
Olive oil
A good knob of butter
Sugar

1.3 litres of beef stock (tinned consommé is a good alternative)
Small glass of sherry or Madeira
Salt and pepper
French bread
115g cheese (slices of Gruyere or grated cheddar)

Method

- 1 Slowly fry all the onions with the thyme and garlic and bay leaf in a good drizzle of olive oil and the butter for a couple of minutes.
- 2 Place lid on and cook very gently for 15 mins.
- 3 Remove the lid and turn up the heat and colour them until they are golden. Sprinkle on a tsp of sugar and let this cook for a minute.
Turn on oven to 200 degrees (o turn on grill and make a cheese toasty)
- 4 Add the stock and simmer for 20 mins. If using sherry, add this in the last five minutes.
- 5 Season and pour into bowls.
- 6 Place bowls onto baking trays and top with a chunk of French bread. Drizzle with oil and put the cheese on top.
- 7 Heat till lightly toasted.

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Shropshire Hills Discovery Centre –
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School Road, Craven Arms, Shropshire SY7 9RS

Email: info@shropshirehillsdiscoverycentre.co.uk

Tel: 01588 676060 www.shropshirehillsdiscoverycentre.co.uk

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