

French onion soup

By Shannon Bennett

40 minutes

Prep time

3 hours

Cooking time

10 Servings

Serves



INGREDIENTS

Soup

10 x 280ml capacity
cast iron pots
150g duck fat
3kg brown onions,
peeled and thinly sliced
2 cloves of garlic, crushed
¼ bunch thyme
150ml white wine
1 tablespoon sherry vinegar
1 litre mushroom stock
1 litre chicken stock
Murray River Sea Salt
and white pepper to taste
1 ale beer (375 ml)
10 rounds of puff pastry
(approximately 5mm thick
and 15cm and 2cm diameter
larger than serving bowls)
2 egg yolks, lightly beaten for glazing
200g Gruyere cheese, grated

Chicken stock

2kg chicken carcasses
1 carrot, peeled and cut
lengthways
1 large onion, cut in half
1 leek washed, root removed
3 garlic cloves
1 celery stalk,
cut into 3cm lengths
5 peppercorns
1 bouquet garni
3 litres water

Mushroom stock

15g dried porcini mushrooms
1 litre hot water

METHOD

Chicken stock

1. Place vegetables, garlic and peppercorns into a large pot and dry roast.
2. Add chicken bones and cover with water. Add bouquet garni and bring to the boil on Induction setting 6.
3. Reduce heat to medium-low, Induction setting 3-4 and continue to cook for 4 hours.
4. Strain through a fine sieve.

Mushroom stock

1. Place dried porcini mushrooms into hot water and soak for 20 minutes.
2. Strain the stock and reserve for later use.

Soup

1. Pre-heat oven to 200°C on Moisture Plus with 1 manual burst of steam.
2. Place the Induction gourmet oven dish on medium heat, Induction setting 6, melt the duck fat.
3. Add onions, garlic and thyme, cover and sweat down for 45 minutes, stirring occasionally to prevent sticking.
4. Deglaze the pan with white wine and reduce until most of the liquid has evaporated. Add the sherry vinegar and cook for 2 minutes.
5. Add stocks and reduce the liquid by ½ on medium-low heat, Induction setting 4-5.
6. Remove from heat and check seasoning. Refrigerate until cool.
7. Place 180ml of soup mixture into pots and top with 30ml of beer.
8. Refrigerate until cold.
9. Brush one side of each pastry disc with egg yolk and place over the pot (egg side down) with an excess of at least 2cm all round. Press very gently into the edge of the pot and refrigerate for a further 30 minutes.
10. Remove pots from the refrigerator, brush with egg yolk and stand at room temperature for 10 minutes. Cook at 200°C on Moisture Plus for 20 minutes on shelf position 2, releasing a burst of steam.
11. Remove pots from the oven and sprinkle with grated cheese.
12. Return pots to the oven and cook for a further 5 minutes.
13. Using a digital thermometer, test the soup is at 95°C, serve immediately.

Hints and tips

- Duck fat can be substituted with goose or chicken fat.
- A good quality gruyere cheese is essential, we used Heidi Farm gruyere.
- Porcini mushrooms used to create the stock can be retained and used for a stir-fry or risotto.
- You can purchase bouquet garni from your local fruit and vegetable shop, alternatively you can make a bouquet garni by using thyme, bay leaves and peppercorns and wrap in muslin cloth.