

French onion and beef cheek soup



PREP TIME

15 MINS



COOK TIME

50 MINS



TOTAL TIME

1HR 5 MINS



SERVES 4 PEOPLE



EASY



Ingredients

50g butter
1 tbsp olive oil
1kg onions, peeled and thinly sliced
4 garlic cloves, finely chopped
2 tbsp plain flour
100ml brandy
150ml amontillado sherry
1 bay leaf
4 sprigs of thyme
1.5l hot beef stock
250g cooked Galician beef cheek, shredded into pieces
Salt and pepper to taste
4-8 slices baguette, depending on size
150g gruyère cheese, finely grated

Method

In a large heavy-based pan, melt the butter and olive oil and cook the onions with a touch of salt for 10 minutes until soft.

Sprinkle the sugar and cook for 20 minutes more, stirring frequently, until caramelised but taking care the onions don't burn. Add the chopped garlic for the final few minutes of the onions' cooking time.

Add the plain flour, stir well and cook for one minute. Increase the heat and keep stirring as you add the brandy and amontillado sherry and reduce by half, followed by the hot beef stock, bay leaf, thyme and stir well. Add the cooked beef cheek pieces, check for salt and season with cracked black pepper, cover and simmer for 20 minutes.

To serve, turn on the grill, and toast the bread. Ladle the soup into heatproof bowls. Put a slice or two of toast on top of the bowls of soup, and pile on the gruyère. Grill until melted. Alternatively, you can cook the toasts under the grill, then add them to the soup to serve.