

NUTRITION: Lazza's Kitchen

French Onion Soup

Another New Recipe from Lazza's Kitchen.
Today he makes his first Onion soup with this recipe

Onion soups have been popular at least as far back as Roman times. They were seen as food for poor people, as onions were plentiful and easy to grow. The modern version of this soup originates in Paris, France in the 18th century, made from beef broth, and caramelised onions. It was introduced to the United States by the New York restaurant of Henri Mouquin in 1861.



50g Unsalted Butter (softened)
1 tablespoon of Olive Oil
3 large onions (sliced as you want - I diced mine)
1 teaspoon sugar (brown)
4 garlic cloves (sliced or crushed - depends on you)
2 tablespoons flour
250ml White Wine
1 litre of beef stock (I wanted mine strong so I used six cubes, but that is again down to your own taste).

This recipe, like many soups, is fairly easy to make.

Melt the butter in a pan with the oil, and then add the onions - don't do on a very high heat - and cook for around 20 minutes (after 10 add the sugar) until they are nicely brown and slightly caramelised. Don't let them burn, but should be quite soft. Add the garlic and stir.

Sprinkle in the flour and add the white wine, and turn up the heat a bit more. Add the beef stock, and simmer for around 15-20 minutes.

Should be ready about now. Obviously it is your meal. You can add other ingredients if you wish. But this is a cheap, quick, and tasty meal. Maybe have with some toasted baguette, with cheese on top.



The great thing with this recipe is you can design it around your own tastes.
How big you want your onion pieces.
How meaty you want the stock.
How much garlic you add.

Whatever you decide, it is delicious.
And cooks for several people.
Dive in!!!

During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
Why not try out some new recipes and foods yourself?
This was a great and very tasty dish to prepare.