

Name: L'Association Française des Femmes Médecins

Country: France



Name of dish	GRATINÉE PARISIENNE (ONION SOUP)
Ingredients Serves 6	12 onions 20 cl of dry white wine (7 oz) 4 pinches of salt 10g of sugar 3 turns of pepper mill 3 cl of olive oil 2 liters of chicken stock (68 oz) 6 pieces of baguette, 100g of grated Emmental or Gruyère (yellow, medium-hard Swiss cheese)

Directions

Preparation time: 15 mins

Cooking time 2h 30mins

Peel the onions and cut into fine slices.

In a large casserole sweat the onions with olive oil.

(Stir the onions in the casserole to coat them with oil. Put the lid on and leave on low heat for 5 minutes. Take the lid off, stir and put the lid back for another 5 minutes. Repeat this until the onions are soft and translucent but not browning).

Add salt, pepper and sugar.

Leave to lightly brown and cook slowly for 20 minutes.

Deglaze with white wine.

(Add white wine to the hot contents in the casserole, gently scraping the bottom with a wooden spoon to get the browned bits at the base to dissolve in the sauce)

Keep boiling and stirring until the sauce is reduced by half of its volume.

Add the broth and cook for 2 hours over low heat.

Cut the baguette into croutons, sprinkle with grated cheese and put in the oven 5 minutes.

Serve the soup with the croutons.

Bon appetit!

Other relevant information

HISTORY

The ancient origins of this soup date back to the middle-ages with the famous cook Taillevent. Historically, it gained its reputation at the Halles de Paris, a large covered market in the centre of Paris which was demolished in 1971 and replaced by the Forum des Halles Shopping Center.

With simple ingredients: onions, broth and bread, it is cheap and by extension, the soup of poor folk but, rich or poor, this soup is suitable for everyone! It was the worker's breakfast at les Halles and the reveller's last supper, coming out the cabarets, late at night. It is still customary to serve it at dawn after a party to soothe hangovers!!

Even today, this famous restaurant "*Au pied de cochon*", an emblem of the district of les Halles de Paris, serves more than 150 bowls daily.

