

CHEF STEPHEN MINTON

French Onion Soup

2 T Butter or cooking oil
1 lb. Onions cut into thin strips
2 tsp. Cracked Black pepper
1 Bay Leaf
1 can Chicken stock
1 can Beef Stock
¼ cup Sherry

Cutting the onions into strips will allow the onion to stay on the spoon. Cut the onion in half so you have two half moons. Cut the onion against the curve. You do not want half circles. Using Vidalia onions make a richer and darker soup. In soup pot place oil, onions, black pepper, bay leaf and cook on medium. Stir onions occasional until limp and caramelized or light brown. The onions' caramelization imparts flavor and color. Add stock chilled or at room temperature. The longer the soup takes to heat up the more flavor and body will be in the soup. When the soup comes to a boil add the sherry. Stir and bring soup back to a boil before serving. If you use cooking sherry use sparingly since it will add salt.