Retigo Combionline | Cookbook | Vegetables 19. 7. 2021

# French onion soup

Cuisine: French

Food category: Vegetables



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## Program steps

#### Preheating: 95 °C



### Ingredients - number of portions - 8

Name	Value	Unit
onion	8	pcs
butter soft	60	g
plain wheat flour	20	g
veal stock	1.5	l
Sliced bread	16	pcs
gruyére	300	g

#### Nutrition and allergens

Allergens: 1, 7

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	213.9 kJ
Carbohydrate	1.9 g
Fat	18.3 g
Protein	10.5 g
Water	0 g

#### Directions

1. In a pot, sauté the mandolin sliced large onions over medium heat.

Keep stirring for a good 30 minutes

- 2. Add the flour and stir for another couple of minutes
- 3. Deglaze with the broth and crank up the heat, remove just before the pot starts showing signs of boiling
- 4. Set the oven on combi at 80°C
- 5. Place in the oven and cook for 45 minutes
- 6. Correct the seasoning
- 7. Transfer the soup into eight heated ovenproof bowls and place two slices of toasted bread in each portion
- 8. Set the oven on dry heat at 180°C using the Golden Touch function
- 9. Sprinkle the cheese over the toasted bread and bake until the cheese is melted and golden

# Recommended accessories



