



Food For Thought Recipe and Allergen Card

French Onion Soup

20 Portions

Ingredient	Hannah Product Code	Quantity
Onion	C003011	4KG
Beef Stock	D006471	500ml
Vegetable Stock	D006485	500ml
Fresh Garlic	C003076	3 Cloves
Olive Oil	D001010	Splash
Sugar	D200464	Table Spoon

RECIPE METHOD – ALLERGENS

1. Add 1 tbsp olive oil in a large heavy-based pan. Add 4kg halved and thinly sliced onions and fry with the lid on for 10 mins until soft.
2. Sprinkle in 4 tsp sugar and cook for 20 mins more, stirring frequently, until caramelised. The onions should be golden, full of flavour and soft when pinched between your fingers. Take care towards the end to ensure that they don't burn.
3. Add 4 thinly sliced garlic cloves for the final few mins of the onions' cooking time, then sprinkle in 2 tbsp plain flour and stir well.
4. Increase the heat and keep stirring as you gradually add 500ml beef stock and vegetable stock.
5. Season to taste.

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
milk
egg
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain... Gluten