

## French Onion Soup

Yield: 5 servings

### Ingredients:

3 tablespoons butter  
3 lbs. yellow onions (peeled and thinly sliced)  
1 tablespoon flour  
1 cup dry white wine  
1 tablespoon dry sherry  
2 quarts beef stock  
salt to taste  
pepper to taste  
1 baguette  
2 cups gruyere cheese

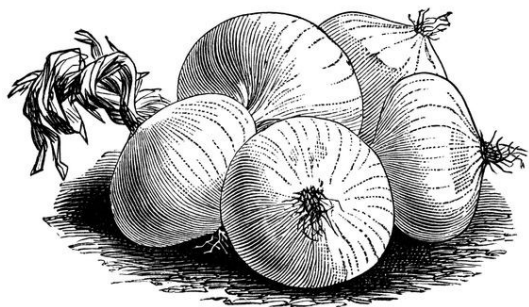


FIG. 735. EARLY WHITE NAPLES ONIONS.

### Method:

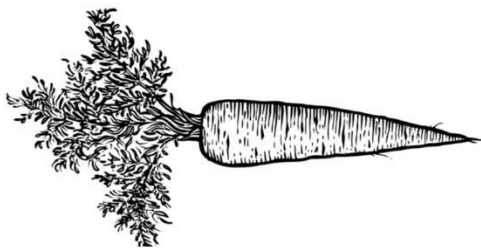
1. Melt butter in a heavy Dutch oven over medium heat. Add onions and salt, stir and cover for 5 minutes. Remove the lid and let the onions caramelize over medium heat, occasionally stirring. Adjust heat if the onions begin browning too quickly. The caramelization process takes 45-60 minutes.
2. Add the flour and stir until its browning.
3. Add wine and sherry, or stock, and stir until slightly thick.
4. Slowly add broth, pepper and more salt and boil for 10 minutes uncovered.
5. Heat the broiler, ladle soup into casseroles and cover with bread slices, sprinkle with gruyere cheese.
6. Broil for a minute or two and serve immediately.

## Vegetable Soup

Yield: 3.5 quarts

### Ingredients:

2 tablespoons olive oil  
1 medium yellow onion (small diced)  
5 medium carrots (peeled and chopped)  
3 stalks celery (diced)  
4 cloves garlic (minced)  
4 (14.5oz) cans vegetable broth  
2 (14.5oz) cans diced tomatoes (undrained)  
3 medium potatoes (peeled and medium diced)  
2 bay leaves  
1 tablespoon fresh thyme leaves  
salt to taste  
black pepper to taste  
1.5 cups fresh chopped green beans  
1.5 cups fresh corn  
1 cup fresh peas



### Method:

1. Heat olive oil in a large pot over medium-high heat.
2. Add onions, carrots, and celery and sauté for 5 minutes. Add garlic and sauté 30 seconds longer.
3. Add in broth, tomatoes, potatoes, bay leaves, thyme and season with salt and pepper to taste.
4. Bring to boil, then add green beans.
5. Reduce heat to medium-low, cover and simmer until potatoes are almost fully tender, about 20-30 minutes.
6. Add corn and peas and cook 5 minutes longer. Serve warm.

## 2025 Two Towns – One Book

February Event Soup-er Saturday

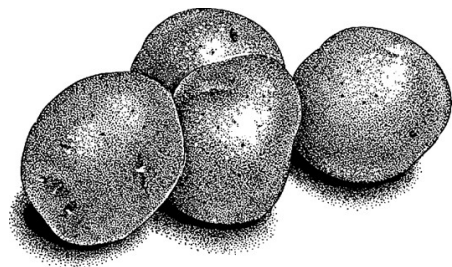
*Recipes courtesy Chef Abby Shea*

### Potato Soup

Yield: 3.5 quarts

#### Ingredients:

- 3 tablespoons butter
- 1 medium yellow onion (small diced)
- 3 cloves garlic (minced)
- 1/3 cup AP flour
- 2.5 lbs. gold potatoes (peeled and medium diced)
- 4 cups chicken broth
- 2 cups milk
- 2/3 cup heavy cream
- 2 teaspoons salt
- 1 teaspoon black pepper
- 1/4 teaspoon chili powder
- 2/3 cup sour cream



#### Method:

1. Add butter and chopped onion to a large pot or a Dutch oven, cooking over medium heat until onions become translucent and soft, or about 4 minutes.
2. Add garlic and cook until fragrant, or about 30 seconds.
3. Sprinkle flour over the ingredients in the pot and stir until smooth.
4. Add diced potatoes, chicken broth, milk, heavy cream, salt, pepper and chili powder to the pot. Stir.
5. Bring to a boil and let potatoes cook until fork tender (about 10 minutes).
6. Reduce heat to simmer and remove about half of the soup. Put half in a blender and puree until smooth. Alternatively, you can puree the entire soup if you prefer it smooth.
7. Return pureed soup to the pot and add sour cream. Stir.
8. Allow soup to simmer for 15 minutes before serving.

