



# French onion soup

By [Sara Buenfeld](#)

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Prep: 15 mins Easy Serves 4  
Cook: 55 mins

Our French onion soup is deliciously rich and easy to make at home. This savoury soup is perfect for using up a garden glut and great for dinner parties

\* Freezable (soup only)

Nutrition: per serving

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
618	27g	14g	59g	17g	9g	26g	2.6g

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## Ingredients

50g [butter](#)

1 tbsp [olive oil](#)

1kg [onions](#), halved and thinly sliced

1 tsp [sugar](#)

4 [garlic cloves](#), thinly sliced

2 tbsp [plain flour](#)

250ml dry white wine

1.3l hot strongly-flavoured beef stock

4-8 slices baguette (depending on size)

140g [gruyère](#), finely grated

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## Method

### STEP 1

Melt the butter with the olive oil in a [large heavy-based pan](#). Add the onions and fry with the lid on for 10 mins until soft.

### STEP 2

Sprinkle in the sugar and cook for 20 mins more, stirring frequently, until caramelised. The onions should be really golden, full of flavour and soft when pinched between your fingers. Take care towards the end to ensure that they don't burn.

### STEP 3

Add the garlic cloves for the final few minutes of the onions' cooking time, then sprinkle in the plain flour and stir well.