



Onion Soup Workshop



You will need:

Onions, white or a mixture, 1.1kg/21/2lb, peeled and sliced

Thyme, handful of fresh herbs with the leaves picked

Garlic, 6 cloves, peeled and finely sliced

Bay leaf, one for the pot

Olive oil, a good glug

Butter, a knob for the frying the onions

Stock, 1.3 litres (2 ½ pints) of beef, chicken or vegetable

Sea salt and ground black pepper to taste

Garlic bread, or baguette with melted Gruyere on top (optional)

Cooking equipment (pot, scales, knife, chopping board, bowls & spoons)

The Ultimate Onion Soup

Taken from Jamie Oliver's 'Jamie's Dinners'- serves 4



This surprisingly tasty soup is derived from many ancient recipes, and is so good for you, especially in autumn and wintertime as it helps strengthening the immune system. It's really easy to make and delicious served with garlic bread or toasted ciabatta, or a baguette grilled with melted cheese.

Simply shallow fry the onions in a thick non-stick pot, with the thyme, bay leaf, knob of butter and a glug of olive oil. Slowly cook the onions for 15 minutes, with the lid on the pot, stirring occasionally so they don't stick to the bottom. Then remove the lid, turn up the heat and colour the onions until golden brown. Add the stock, turn the heat down, and simmer for a further 20 minutes. Add salt and pepper to taste, and then serve with your cheesy bread.

Note: keep the onionskins for a natural dye workshop! Set aside in a pot.



Health benefits of onion soup:

Source: 'Healing Foods' by Neal's Yard Remedies

Onions have a powerful antibiotic action, help lower cholesterol, and feed good bacteria in the gut.

Garlic is a natural anti-coagulant, helps strengthen the immune system, removes toxins and pollutants, and contains anti-cancer substances.

Thyme helps fight colds and flu, and is good for sore throats in tea.

Olive oil lowers cholesterol, helps to control blood sugar levels, and protects against heart disease.

Butter helps maintain energy, and is a good fat (honest!) with antimicrobial and antifungal substances.