

French onion soup

Cuisine: French

Food category: Vegetables



Author: Jaroslav Mikoška

Company: Retigo



Program steps

Preheating: 95 °C

1	Combination	50 %	Termination by time	00:45 hh:mm	80 °C	100 %	
2	Remove the soup out, and place the bread in						
	Golden touch				230 °C	100 %	

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
gruyère	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

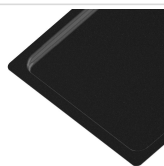
6. Correct the seasoning

7. Transfer the soup into eight heated ovenproof bowls and place two slices of toasted bread in each portion

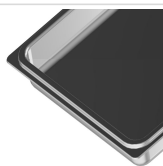
8. Set the oven on dry heat at 180°C using the Golden Touch function

9. Sprinkle the cheese over the toasted bread and bake until the cheese is melted and golden

Recommended accessories



Vision Bake



GN container Stainless steel full