



# DUCK NEWTON'S FRENCH ONION SOUP

Serves 4

## Equipment:

Large cast iron or stainless steel skillet with tall sides, large saucepan with lid, four oven-safe soup crocks or 4" ramekins, cheese grater, and a rimmed baking sheet.



## Ingredients:

- 6 tablespoons unsalted butter plus more for the bread
- 2 large Vidalia onions, sliced into 1/8" thin rings
- 1 large red onion, sliced into 1/8" thin rings
- 2 tablespoons maple syrup
- kosher salt
- 1/4 cup apple cider vinegar
- 2 tablespoons water
- 2 tablespoons sassafras tea concentrate
- 3 tablespoons all-purpose flour
- 2 quarts (8 cups) homemade or store-bought low-sodium chicken stock
- 8 half slices of rustic whole wheat bread, 1/2" thick, toasted
- 16 oz. grated gruyere cheese
- 1 medium garlic clove, peeled and sliced in half.
- 1 batch of maple-candied black walnuts (optional)

## Instructions:

1. Melt the butter in the skillet over medium-high heat on the stove top. Add the onions when the butter starts foaming. Cook for eight minutes, occasionally stirring, until softened.
2. Stir in the maple syrup. Turn the heat to low and cook 1 hour and 30 minutes, stirring frequently. After 45 minutes, bring the stock to a boil on a separate burner.
3. Raise the heat to medium and pour in the cider vinegar, water, and tea concentrate. Simmer for three minutes, then stir in the flour until thoroughly moistened.
4. Pour in the boiling stock, a ladle-ful at a time. Raise the heat to medium-high and simmer 30 minutes. Occasionally skim the surface for excess fat and stir the broth to prevent a skin from forming. Turn off the stove and move the pan to another burner. Stir in kosher salt to taste.
5. Butter both sides of the toasted bread and vigorously rub them with the garlic clove until fragrant.
6. Scoop a ladle of soup into each of the soup crocks. Place a slice bread over it and top with a handful of grated cheese. Fill the crocks with the remaining soup. Add the other slices of bread and gently push them down to submerge them. Fill the bowls with the remaining cheese.
7. Place the crocks on a rimmed baking sheet and place the sheet in the oven on a low broil 3-4 minutes until bubbling and slightly browned.
8. Let cool about 5 minutes before topping with maple-candied black walnuts.