

French onion soup

From the pressure cooker

1.2 litres

Ingredients

ONIONS

- **750 g** onions, cut into half rings
- **1 tbsp** olive oil
- **15 g** butter
- **1 tsp** bicarbonate of soda
- salt to taste

SOUP

- **15 g** butter
- **1 tbsp** plain flour
- **1 glass** dry white wine
- **750 ml** beef or vegetable stock
- **3 sprigs** thyme
- **2** bay leaves

CHEESE CROUTONS

- **4 slices** bread (preferably sourdough)
- **1 clove** garlic
- **120 g** grated Gruyère

Method

ONIONS

1. Heat the olive oil in the pressure cooker. When hot, add the onions and a little salt.
2. As soon as the onions start to steam, close the lid and bring the cooker up to pressure. Cook for 3 minutes, then release the pressure.
3. Drain the onions over a bowl and keep the liquid.
4. Heat 15 g butter in the pan, return the onions and add the bicarbonate of soda. Close the lid, cook under pressure for another 3 minutes and release the pressure.

SOUP

5. Take everything out of the pan. Melt the remaining 15 g butter, add the flour and stir for 2 minutes over a medium heat to cook the roux.
6. Add the onions and bay leaves, deglaze with the white wine and let the alcohol evaporate.
7. Add the stock, the reserved onion liquid and the thyme and close the cooker.
8. Bring back up to pressure and cook the soup for 3 minutes from the moment it reaches pressure.
9. Turn off the heat and wait about 10 minutes for the pressure to drop naturally.

TO SERVE

10. Meanwhile, toast the bread, rub it with garlic and sprinkle with the Gruyère.
11. Grill until the cheese has melted and is golden brown.
12. Serve the soup with a cheese crouton in each bowl.

EQUIPMENT

Pressure cooker, sieve, bowl, wooden spoon, baking tray, grill