

Dear Participants and Families,

Welcome to 2023! I am excited to continue my work with you, Special Olympics Ontario families across Ontario.

Welcome to **Cooking with Chef Anthony Go**. Here is the recipe that we will make in **January, 2023**. We will be cooking **French Onion Soup**. Please ensure you have a caregiver with you during class at all times for safety reasons. I hope you like it.

I am looking forward to meeting you and cooking with you. For those of you who are coming back into my program, I am so glad to see you again! I really appreciate your photos and emails. I am very proud of what you have accomplished in this program. Let's get cooking.

Sincerely,
Chef Anthony Go



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Soup: French Onion Soup

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Recipe:

Makes 4 servings.

Ingredients:

1. Yellow Onion 2 Large – thinly sliced.
2. Butter 1 Tablespoon
3. Olive Oil 1 Tablespoon
4. Dried Thyme 2 Teaspoons
5. All Purpose Flour 1 Tablespoon
6. Dry White Wine ½ cup (ex: Sauvignon Blanc or Pinot Grigio).
7. If you do not drink replace white wine with apple juice or water.
8. Beef Stock 1 box 900ml
9. Salt & Pepper to taste
10. Water or more stock, as needed.

Serve with:

Toasted French baguette with melted Gruyere cheese.

If you do not have Gruyere, you can use Mozzarella or Swiss or Provolone.

Direction:

1. Slice the onion thinly. Cutting across
2. Stir-fry onion with butter and olive oil in a LOW heat SLOWLY for 30 minutes until golden brown.
3. When the onion is translucent, add the thyme.
4. When the onion is golden brown and your kitchen smells like heaven then your onion is caramelized!
5. It is time to make the roux. Roux is a mixture of fat and flour. You make roux to thicken soup or sauce. Add the flour to the caramelized onion, stir until combined.
6. Make sure you cook the flour for 2 minutes. It is not safe to eat raw flour.
7. Deglaze with White Wine, keep cooking until it reduces to half.
8. Add the Beef Stock.
9. Simmer for 40 minutes.
10. Season to taste.
11. Serve with toasted French baguette with melted Gruyere cheese.



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Onion Soup



Inspirations for Sandwiches and Salads to serve with the Onion Soup



NOTE:

What I am teaching you in this recipe is the French ways of cooking Onion Soup. It is the low and slow method that creates the beautiful aromatic and flavourful soup. This low and slow method brings out the sweetness in the onion. It softens and caramelizes the onion evenly.

There is another way to caramelize onion, which is using high heat. This is the quick method. If you use this quick method, the caramelized onion will not offer the same flavour and fragrant as the low and slow French method. The high heat will sear the exterior of the onion and may not evenly soften and cook the onion.

However, if you have no time, you can use the quick method. Here are tips to use the quick method that caramelizes onion in 15 minutes vs 1 hour using the slow and low method:

- Use a heavy-bottomed pot to evenly distribute heat.
- Watch over it and stir frequently to avoid burning.
- Each time you see the FOND (brown bits of sugar and protein that stick to the bottom of the pot), add a few tablespoons of water and stir with wooden spoon to scrape away the fond. This helps to evenly distribute the caramelization.

Enjoy!

Sincerely,

Chef Anthony Go



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