



Real Food: Onion and Garlic Soup

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Ingredients

Red and spring onions, garlic and [fermented black garlic](#), fresh thyme, tomato paste, sherry, beef bone broth, chicken bone broth, sea salt, pepper and allspice.

Instructions

Melt butter in a Dutch oven over medium-low heat and cook chopped garlic and slivered onions, stirring occasionally, until the onions are caramelized and the garlic has melted, about 1 hour.

Deglaze the pan with sherry, scraping up all the brown bits with the side of a wooden spoon.

Add tomato paste, beef and chicken stock and simmer 20 minutes.

Add thyme and S&P to taste and ladle into bowls set on a baking pan.

Top with a large croûton fried in butter and chopped parsley.

Bake at 500 degrees (or broil briefly) until the cheese is bubbly.
