

CARAMELIZED ONION SOUP TOPPED WITH FAIRVIEW'S BLUE ROCK, CAULIFLOWER & CROUTONS

Serves 4

Prep & Cooking Time - 1h30min

This recipe is based on a traditional French onion soup but instead of the Gruyere crostini we use a crouton garnish made up of delicious Blue Rock cheese and roasted cauliflower.

For the soup

Fairview olive oil 65ml

White onions 4, thinly sliced

Garlic 8 cloves, finely grated or minced

Thyme fresh, 3 sprigs

Salt 2 tsp

Black pepper 1 tsp

Brown sugar 1 tsp

Fairview Sweet Red Wine 100ml

Beef stock 1 liter

Butter 2 tbsp, softened to room temperature

Flour all-purpose 4 tbsp

In a large thick bottomed pot on a low heat sauté onions, garlic and thyme in olive oil for 20 minutes or until till soft. Add seasonings, sugar and cook for another 15 minutes on a medium heat till onions are dark brown and caramelized.

Add the sweet wine and reduce till almost no liquid left in the pot. Add the beef stock and simmer for 30 minutes with the lid on.

In a small bowl mix the flour and butter into a paste. Place small amounts of the paste into the soup at a time stirring in between to dissolve. This will thicken the soup and ensure a lovely shine. Stop when ideal consistency reached and season to taste.

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For the cauliflower

Cut half of a cauliflower into small florets. Place onto a baking tray with 1 tbsp olive oil, salt and pepper and roast at 180°C for 10 – 15 minutes. Set aside

For the croutons

Cut half of a Ciabatta (preferably one from the day before) into small bitesize cubes. Place onto a baking tray, coat with 1 tbsp olive oil, salt and bake for 10 min at 180°C. Set aside

To serve

Place the soup in oven proof bowls and top with some cauliflower, croutons, chopped parsley and small pieces of Fairview's Blue Rock cheese. Place under the oven grill for 1 minute to melt the cheese. Serve immediately and enjoy

