

French Onion Loot

From : Nathan Dieck

| Prep Time: 30 Minutes

| Cook Time: 2 Hours



Directions

- Place sliced button mushrooms into large stainless-steel soup pot over medium high heat with no oil, lightly salt them as they cook down and release their moisture, and cook them until tender but not rubbery. Set aside in a separate work bowl. Leave fond in the bottom of the pot, do not wash between steps.
- Chop up dried wild mushrooms and place those in a small stainless-steel saucepot over medium heat with 2 cups of vegetable broth to rehydrate, simmer for 20 minutes covered with a lid. Once mushrooms are tender and broth has almost disappeared, add rice-flour slurry to thicken to a gravy like consistency. Set on low heat and stir occasionally.
- Slice onions (not too fine or they will lose their structure and dissolve into the soup) and place those in the soup pot with the butter and oil over medium-high heat and caramelize them over the course of about 2 hours until they become soft and take on a deep brown color. Deglaze the pot throughout this process using small amounts of the brandy and vegetable broth to ensure you maximize the amount of fond you produce. Remember, fond = flavor! Once onions have fully cooked down, lower the heat to medium and add in your minced garlic, your spices, your button mushrooms and the thickened wild mushroom gravy.
- Allow all those flavors to get to know each other by adding the remainder of your vegetable broth and letting simmer covered for another 10 minutes.

Ingredients

- 5 Organic Spanish Onions (sliced)
- 7 Cloves of Garlic (Minced)
- 1/3 cup of French Brandy
- 6 Tbsp of Butter
- 1/3 cup Grapeseed Oil
- 2 cups dried wild foraged mushrooms (porcini, morel, chanterelle, black trumpet) (Finely Chopped)
- 1 lb Large Button Mushrooms (Sliced)
- 3 quarts of Low Sodium Vegetable Broth
- 1 Tbsp dried Thyme
- 2 Tbsp Garlic powder
- 2 Tbsp Salt
- 2 Tbsp Glutenous Rice Flour (thickener)
- 3 Tbsp Onion powder

Toppers/Sides

- Mozzarella Cheese (Farmers cut)
- Parmesan Croutons
- Spicy Green Sauce

Notes

