



From the Kitchens of the Lamorinda Weekly

Andy and Wendy Scheck

It all started the day we discovered that we could buy organic beef bones from Holding Ranch Beef at the Moraga Farmers market. Our one-year old Golden Retriever can demolish a chew toy in a matter of minutes and we were looking for something more substantial. I decided to cook the bones first and make some broth. Once I had the broth, I figured I would try my hand at French Onion soup--something I'd wanted to do for awhile. Our dog chews the bone for the entire time the soup is cooking!

Andy's French Onion Soup

4 cups beef broth (see recipe on right)
4 large onions
1 cup dry white wine
2-3 Tbs butter
Salt and pepper
4 slices of bread
4 slices of mozzarella cheese

Serves four

Peel and chop three of the onions into one-inch dice and slice the fourth onion into rings. Melt the butter in a large skillet over low heat and add the onions. Caramelize the onions by sautéing covered for about thirty minutes, stirring occasionally, until they are glossy but not brown.

Bring the broth to a boil over high heat. Lower the heat to medium and add the wine, onions, salt and pepper to taste. Cook at a low simmer for about 30 minutes.

When the onions in the soup are soft, toast the bread. Pour the soup into bowls, placing the toast and one piece of cheese on top. Add a handful of shredded cheese for color if desired. Bake in a preheated 400F oven for 10 minutes until the cheese is bubbly and slightly browned.

Beef Broth

8 cups water
1-2 beef soup bones
1 onion
1 celery root
1-2 carrots
1-2 bay leaves
3 cloves
Salt and pepper to taste

Throw in any other vegetables you have available. I've used leeks, kohlrabi, broccoli, mushrooms, even Brussels sprouts and cauliflower.

Boil water in a large pot. Chop everything up and add to the water and cook for 2-3 hours. Strain and cool.

