



## **Fastest French Onion Soup in a Mug + Cheesy Gruyère Croutons + French Grapefruit-Ade**

By Erin Fletter

**Prep Time 15 / Cook Time 4 / Serves 1 - 1**

### **Shopping List**

Fresh:

1 small or 1/2 large yellow onion

1 pink grapefruit

Pantry:

1/4 tsp salt

1 C veggie broth

1 tsp apple cider vinegar

1 pinch black pepper

1 1/2 tsp sugar

1 slice French, Italian, whole wheat bread **\*\*(see allergy subs below)\*\***

Dairy:

1 T butter **\*\*(see allergy subs below)\*\***

1 oz or slice Gruyère, Swiss, or provolone cheese **\*\*(see allergy subs below)\*\***

Have on hand:

1 C cold water

ice

### **Fun-Da-Mentals Kitchen Skills**

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls) and Rock and Saw.

**chop:** to cut something into small, rough pieces using a blade.

**grate:** to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

**toast:** to brown and crisp food in a heated skillet or oven, or in a toaster.

**microwave:** to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

**slice:** to cut into thin pieces using a sawing motion with your knife.

**mix:** to thoroughly combine two or more ingredients until uniform in texture.

**squeeze:** to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

## Equipment

- Toaster
- Box grater (or hand grater)
- Measuring spoons
- Cutting board + kid-safe knife
- Microwave
- Microwave-safe mug + cover, like a paper towel
- Potholders
- Liquid measuring cup
- Metal spoon
- Small bowl
- Citrus juicer (optional)
- Short drinking glasses

## Ingredients

Fastest French Onion Soup in a Mug + Cheesy Gruyère Croutons

- 1 T butter **\*\***(for DAIRY ALLERGY sub olive oil)**\*\***
- 1 small or 1/2 large yellow onion

- 1/4 tsp salt
- 1 C veggie broth
- 1 tsp apple cider vinegar
- 1 pinch black pepper
- 1 pinch sugar (optional)
- 1 slice French, Italian, or whole wheat bread **\*\* (for GLUTEN ALLERGY sub gluten-free/nut-free bread)\*\***
- 1 oz/slice Gruyère, Swiss, or provolone cheese **\*\* (for DAIRY ALLERGY sub Daiya brand dairy-free cheese shreds)\*\***

### Citron Presse French Grapefruit-Ade for One

- 1 pink grapefruit
- 1/2 to 1 tsp sugar + more to taste
- 1 cold water
- ice

## Food Allergen Substitutions

### Fastest French Onion Soup in a Mug + Cheesy Gruyère Croutons

**Dairy:** Substitute olive oil for butter and Daiya brand dairy-free cheese shreds for cheese in Soup.

**Gluten/Wheat:** Substitute gluten-free/nut-free bread for the Croutons.

### Citron Presse French Grapefruit-Ade for One

## Instructions

### Fastest French Onion Soup in a Mug + Cheesy Gruyère Croutons

#### toast + grate

Toast **1 slice of bread**, then break up the toast into bite-sized croutons with your hands. Set them aside. Carefully, grate **1 ounce of Gruyère cheese** to equal a handful, or about 3 tablespoons.

#### chop + tip

Adults may want to cut **1 onion** into smaller wedges for younger chefs, then kid chefs can chop the wedges into bite-sized pieces. (Tip: Chill the onion in the freezer before chopping, or have kid chefs hold a piece of bread in their mouths while chopping the onion. This may help prevent their eyes from tearing

up!)

#### measure + stir + microwave

Measure and add **1 tablespoon butter**, **1/4 teaspoon salt**, and the chopped onions to a microwavable mug. The onions should fill the mug about halfway. Cover the mug and microwave for 2 minutes. Remove the mug with a potholder. Careful! It'll be hot! Then add **1 cup broth**, **1 teaspoon apple cider vinegar**, and **1 pinch of black pepper** to the mug and stir. Taste: does it need a bit of sweetness to balance flavors? Add **1 pinch of sugar** if it does. Cover again and microwave for another minute.

#### add + microwave

Remove the mug with a potholder. Tuck the croutons into the soup with a metal spoon and top the croutons with shredded cheese. Microwave for a final 30 to 45 seconds to melt the cheese. Let the mug cool slightly and dig in!

### Citron Presse French Grapefruit-Ade for One

#### slice + squeeze + mix

Slice **1 pink grapefruit** in half. Squeeze the juice from both halves into a bowl. Mix in **1/2 teaspoon of sugar** and taste! Sweet and tart flavors should be balanced. If kid chefs find the juice to be too sour, have them add a bit more sugar.

#### stir + count

Stir the grapefruit juice to dissolve the sugar while counting to 10 in French: 1 un (uhn), 2 deux (deuh), 3 trois (twah), 4 quatre (KAHtruh), 5 cinq (sank), 6 six (sees), 7 sept (set), 8 huit (wheet), 9 neuf (neuhf), 10 dix (dees).

#### pour + add + stir

Then pour the grapefruit-ade into glasses, add **1 cup of cold water** to each glass, and fill with **ice**. Stir again, and cheers!

## Featured Ingredient: Onions!

Hi! I'm Onion!

"Did you know that onions are vegetables? My close relatives are chive, garlic, and leek, and I'm a distant cousin of the amaryllis and daffodil. I'm actually the edible bulb of the onion plant!"

### History & Etymology

The onion is thought to be native to Asia, but there are also ancient remnants from Iran, India, and Egypt. The Egyptians even worshiped onions! They believed their circular shape and layers symbolized eternal

life, and often onions were placed in ancient tombs to bring prosperity to mummies in the afterlife. Ancient Greek and Roman athletes used to eat onions to get strong, and they even rubbed onions on their bodies before competing in events like the Olympics.

In medieval times, people used onions as a form of currency! Imagine paying bills with a bag of onions! Native Americans in Eastern Canada and the Eastern United States ate a species of wild onion, also called ramps or wild leek.

China is the largest producer of onions. In the US, California grows the most onions. Some people around the world say, possibly as early as 3,000 years ago in China, that onions can predict the weather.

There is even a saying about onions and the weather that goes like this: "Onion's skin very thin, mild winter coming in; onion's skin thick and tough, coming winter cold and rough."

The word "onion" comes from Middle English from the Old French "oignon," based on the Latin "unionem," literally "union," indicating the unity of the layers of the onion.

## Anatomy

Onions are part of the "Allium cepa" genus and Amaryllidaceae family. "Cepa" is Latin for "onion." The common onion plant grows from 6 to 18 inches tall.

They have hollow green leaves that grow upward and fan out of a covered stem from the top of the bulb. Roots extend out of the basal plate at the bottom of the bulb into the soil.

The onion bulb is described as having a "globe" shape. It is made up of fleshy leaves that grow around the flower bud in the middle. These fleshy leaves are covered by scaly leaves, the onion's "skin," that dry out and become papery when it is time for the onion to be harvested.

## How to Pick, Buy, & Eat

There are lots of onion varieties! Green onions (also called scallions or spring onions) are mild in flavor, and both the bulbs and top leaves can be eaten. They are often found in salads and stir-fry dishes. They have a small, not fully developed white bulb end with long green stalks. The white shaft of the plant extends from the roots to the leaves.

Yellow onions can be pungent or sweet. The Spanish onion is a common pungent variety typically found in grocery stores. The Vidalia is a sweet onion from the state of Georgia, and the Walla Walla is a sweet onion from the state of Washington.

White onions have a sharp flavor and are often used in Mexican cooking. Red onions are sweeter than yellow and white onions and are used raw in salads and on burgers.

The shallot is a smaller variety with a milder pungent flavor often used in sautéed dishes, sauces, and stocks. Pearl onions are tiny bulbs that are mild in flavor and great for pickling.

Store whole raw onions in a cool, dark location. Cut onions will keep in the refrigerator for about a week. Store them in an airtight container that will not absorb their smell (i.e., glass rather than plastic).

Onions can cause eye irritation and tears when you cut into them. This is because a chemical compound called syn-propanethial-S-oxide is released into the air when you slice an onion, and tears are produced to wash it away.

Chilling onions in the refrigerator or a bowl of ice water before cutting them can decrease the amount of irritation. Other suggestions include using a sharp knife, holding a piece of bread in your mouth while you slice, or wearing goggles.

## Nutrition

Onions have a high water content, about 89 percent, and are low in calories. They contain low amounts of protein, fiber, and essential nutrients.