**Caramelized Onion and Bread Soup with Brûléed Blue Cheese**

In their book Wine Food, sommelier Dana Frank and recipe developer Andrea Slonecker pair funky, bright wines with flavorful, vegetable-forward dishes. In this vegetarian version of classic French onion soup, blue cheese and oloroso sherry bring new layers of flavor and depth. Notes of toasted nuts and fruit compote in the sherry pair well with caramelized onions, and its briny acidity cuts through the richness of the cheese.

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**Ingredients**

* 4 1/2 pounds mixed onions (such as 2 large yellow onions, 2 large red onions, and 2 large sweet onions), halved and thinly sliced lengthwise (about 16 cups)
* 2 tablespoons extra-virgin olive oil
* 2 tablespoons unsalted butter
* 1/4 cup oloroso sherry
* 6 cups homemade or store-bought low-sodium vegetable broth
* 8 thyme sprigs
* 1 tablespoon kosher salt, plus more to taste
* 3/4 teaspoon freshly ground black pepper, plus more to taste
* 2 teaspoons sherry vinegar
* 6 day-old whole-grain rustic bread slices, halved
* 4 ounces Stilton cheese, thoroughly chilled and thinly sliced with a wire cheese slicer or crumbled

**Directions**

1. Combine onions, oil, and butter in a stockpot over medium-high; toss together. (Tongs are a great tool to use for tossing this many onions.) Cook, stirring occasionally, until onions start to caramelize, about 20 minutes. Reduce heat to medium, and continue to cook, stirring and scraping any browned bits from bottom of pot with a wooden spoon, until onions are tender and caramelized, about 25 minutes.
2. Add sherry, and cook, stirring to scrape up any remaining browned bits. Simmer over medium, stirring constantly, until sherry is mostly evaporated, 2 to 3 minutes. Stir in broth, thyme, salt, and pepper. Increase heat to high, and bring to a boil. Reduce heat to medium-low, and simmer, partially covered, until flavors marry, 20 to 25 minutes. Stir in vinegar, and cook 1 minute; add salt and pepper to taste.
3. Preheat oven to broil with oven rack 6 inches from heat. Remove and discard thyme sprigs. Divide hot soup evenly among 6 ovenproof crocks or bowls, and place on a rimmed baking sheet. Place 2 bread pieces on each bowl, and gently push them down until half- submerged but still at top of soup. Add cheese slices (or a handful of crumbles) to each bowl. Broil until melted, bubbly, and browned in spots, 2 to 3 minutes.

**Notes**

The soup, cooked through step 2, will keep, covered, in the refrigerator up to 3 days. It can be frozen in an airtight container up to 3 months.

**Video**

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**Ratatouille**

Ratatouille is a mixed vegetable stew from Provence, in the south of France. It was created in Nice, France, and is a way to celebrate the harvest of late-summer vegetables in a budget-friendly dish. Ratatouille is traditionally made with tomatoes, zucchini, peppers, onions, and eggplant when they are at the peak of their season at the same time. Garlic, thyme, and basil are often added to the mix as well.

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**Ingredients**

* 2 medium (1-pound) eggplants, cut into 1/2-inch pieces (about 11 cups)
* 3 ½ teaspoons fine sea salt (such as La Baleine), divided, plus more to taste
* ¾ cup mild extra-virgin olive oil, divided, plus more as needed
* 2 medium (8-ounce) zucchini, cut into 1/2-inch pieces (about 3 1/2 cups)
* 2 medium-size (8-ounce) yellow onions, cut into 1/2-inch pieces (about 2 2/3 cups)
* 2 medium-size (8-ounce) red bell peppers, cut into 1/2-inch pieces (about 2 1/2 cups)
* 4 medium garlic cloves, finely chopped (about 1 tablespoon plus 1 teaspoon)
* 3 small beefsteak tomatoes or heirloom tomatoes (about 1 pound), cut into 1/2-inch pieces (about 2 1/2 cups)
* 6 to 8 (4-inch) basil sprigs, to taste
* Pinch of crushed red pepper (optional)
* ¼ cup rosé
* 3 tablespoons premium extra-virgin olive oil (such as Laudemio), plus more if desired

**Directions**

1. Place eggplant pieces in a colander. Sprinkle eggplant with 2 teaspoons salt, and toss to combine. Let stand 20 minutes. Working in batches, pat eggplant dry with paper towels. Heat 1/4 cup mild olive oil in a large, deep skillet over medium. Add eggplant, and cook, stirring often, until eggplant is tender but not falling apart, 12 to 15 minutes, adding 1 to 2 tablespoons additional oil as needed if eggplant sticks to bottom of skillet. Remove from heat. Transfer eggplant to a large bowl. Do not wipe skillet clean.
2. Return skillet to heat over medium, and add 2 tablespoons mild olive oil. Add zucchini, and cook, stirring often, until zucchini is very tender and just turns translucent, about 10 minutes. Stir in 1/8 teaspoon salt. Remove from heat, and transfer zucchini to bowl with eggplant. Do not wipe skillet clean. Return skillet to heat over medium, and add 2 tablespoons mild olive oil. Add onions, and cook, stirring occasionally, until softened, 6 to 8 minutes. Add bell peppers, 2 tablespoons mild olive oil, and 1/8 teaspoon salt, and cook, stirring occasionally, until bell peppers are very tender, 10 to 15 minutes. Stir in garlic, and cook, stirring often, 2 minutes. Remove from heat. Transfer bell pepper mixture to bowl with eggplant mixture. Do not wipe skillet clean.
3. Return skillet to heat over medium. Add tomatoes, basil sprigs, crushed red pepper (if using), remaining 1/4 teaspoon salt, and remaining 2 tablespoons mild olive oil. Cook, stirring occasionally, until tomatoes break down and most tomato juices evaporate, 10 to 15 minutes. Stir in rosé; cook, stirring often, until rosé is absorbed, about 2 minutes. Return reserved eggplant mixture to skillet; cook over medium, stirring often to prevent sticking, until flavors meld and mixture is creamy but textured, 12 to 15 minutes. Remove from heat. Drizzle ratatouille with premium olive oil. Let cool to room temperature, about 30 minutes. Season with additional salt to taste. Remove and discard basil sprigs. Serve warm or at room temperature with a drizzle of premium olive oil over each serving, if desired.

**Make Ahead**

Ratatouille may be stored in an airtight container in refrigerator up to 3 days.

**Suggested Pairing**

Lively Languedoc rosé: Gérard Bertrand Côte des Roses.

<embeeb youtube video: <https://www.youtube.com/watch?v=JF-Lww_jUKU&pp=ygUeUmF0YXRvdWlsbGUgUmViZWthaCBQZXBwbGVyJ3Mg>>

**Braised Baby Artichokes with Tomato Coulis**

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This healthy, zippy Provençal classic is known as artichokes *barigoule*. Served over whole-grain [brown rice](https://www.foodandwine.com/recipes/lemon-brown-rice-garlic-and-thyme) or buckwheat couscous, it makes a lovely vegan main course.

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**Ingredients**

* 2 lemons, halved
* 36 baby artichokes (3 pounds)
* 1/4 cup extra-virgin olive oil
* 6 garlic cloves, quartered lengthwise
* 2 carrots, thinly sliced on the bias
* 1 medium onion, thinly sliced
* 1 tablespoon thyme leaves
* 2 bay leaves
* 1 teaspoon black peppercorns
* 1 teaspoon coriander seeds
* 3/4 cup dry white wine
* 1/2 teaspoon salt
* [Fresh Tomato Coulis](https://www.foodandwine.com/recipes/tomato-coulis-alain-coumont), for serving

**Directions**

1. Squeeze the lemons into a bowl of water. Working with 1 artichoke at a time, snap off the dark green outer leaves. Using a sharp paring knife, slice off all but 1 inch of the remaining leaves. Peel and trim the stems. Halve the artichokes, scrape out the hairy choke and drop them into the lemon water.
2. In a large, nonreactive skillet, heat the olive oil. Add the garlic, carrots, onion, thyme, bay leaves, black peppercorns and coriander seeds and cook over moderately high heat until the onion begins to soften, about 2 minutes.
3. Drain the artichokes and add them to the skillet. Cook until the onion is translucent, about 2 minutes longer. Add the wine and salt, cover and cook over moderate heat until the artichokes are just tender, about 10 minutes. Discard the bay leaves. Spoon the artichokes and their juices onto plates. Drizzle with the Fresh Tomato Coulis and serve.

**Make Ahead**

The cooked baby artichokes can be refrigerated for up to 2 days. Gently reheat before serving.

**Suggested Pairing**

Artichokes are tough to match with wine because they contain cynarin, which for most people makes wines taste overly sweet. To combat the effect, pick a tart white with good acidity, like a Sauvignon Blanc from California.

<embeeb youtube video: https://www.youtube.com/watch?v=zxpLTbWoCwQ&pp=ygUqQnJhaXNlZCBCYWJ5IEFydGljaG9rZXMgd2l0aCBUb21hdG8gQ291bGlz>

NON-VEG:

# Bouillabaisse(H2)

bouillabaisse starts with a quick-cooking, but deeply flavored, seafood broth. Layering a base of aromatics with fresh snapper, scallops, shrimp, and a mix of Pernod and dry white wine creates a long-simmered flavor in under an hour. Be sure to use shell-on shrimp; those shells add flavor and body to the stock.

Seafood Broth (Yield: 5 cups)

* 2 tablespoons unsalted butter, plus more if needed
* 1 onion, cut into small cubes
* 1 carrot, cut into small cubes
* 1 celery stalk, cut into small cubes
* 1 fennel bulb, cut into small cubes, fronds reserved for garnish
* 1 leek, white and light green parts only, thinly sliced
* 6 garlic cloves, thinly sliced
* 4 ounces tomato paste
* 1 tomato, cut into small cubes
* 5 to 6 shell-on raw large shrimp (about 6 ounces), roughly chopped
* 1 (7-ounce) skinless red snapper fillet (or any white fish), roughly chopped
* 1 sea scallop, roughly chopped
* 3 thyme sprigs
* 1 pinch piment d’Espelette
* 1/3 cup Pernod
* 1 cup dry white wine
* 1/2 tablespoons saffron
* 4 cups water

Bouillabaisse

* Zest of 1/2 an orange
* Zest of 1/2 a lemon
* 2 (7-ounce) skinless red snapper fillets
* 4 sea scallops (about 5 ounces)
* 8 shell-on raw large shrimp (about 8 ounces)
* Kosher salt
* Freshly ground pepper

Additional Ingredients

* Chopped parsley
* Extra-virgin olive oil
* Toasted baguette slices
* Rouille

**Directions**

**Make the seafood broth**

1. Melt butter in a large enameled cast-iron casserole over medium. Add onion, carrot, celery, fennel, leeks, and garlic. Cook until softened and translucent but not browned, 8 to 10 minutes. Add tomato paste; stir until well combined.
2. Add tomato, shrimp, snapper, and scallop; stir to combine. If ingredients seem dry, add 1 tablespoon butter. Add thyme and piment d’Espelette. Stir in Pernod, scraping browned bits from bottom of pan. Add white wine; bring to a boil. Stir in saffron. Add 4 cups water, and return a boil. Reduce heat to low, and simmer 20 minutes.
3. Working in batches if necessary, transfer seafood broth to a blender. Secure lid on blender, and remove center piece of lid to allow steam to escape. Place a clean kitchen towel over opening. Process until smooth.
4. Pour seafood broth through a fine wire-mesh strainer set over a large heatproof bowl, pressing on solids to extract as much liquid as possible. Discard solids.

**Make the bouillabaisse**

1. Combine seafood broth, orange zest, and lemon zest in a large enameled cast-iron casserole. Bring to a simmer over low.
2. Add red snapper fillets; cook until just cooked through, about 7 minutes. After 2 minutes, add scallops and shrimp; cook until just cooked through, about 5 minutes.
3. Remove from heat; season to taste with salt and pepper. Divide bouillabaisse among 4 serving bowls. Garnish with reserved fennel fronds, chopped parsley, and extra-virgin olive oil. Serve with toasted baguette slices and rouille.

# Chanterelle Omelets with Fines Herbes Sauce

The Chanterelle Omelets with Fines Herbes Sauce present a delightful culinary experience, blending the earthy richness of sautéed chanterelle mushrooms within delicately folded omelets. The fines herbes sauce, a blend of aromatic fresh herbs, accentuates the dish with a burst of vibrant flavors, making it a savory and elegant breakfast or brunch choice.

**Ingredients**

* 2 1/2 cups flat-leaf parsley leaves
* 2 cups chives cut in 1/2-inch lengths
* 1 cup chervil leaves
* 1/2 cup tarragon leaves
* 3/4 cup water
* Salt
* 2 tablespoons plus 1 teaspoon unsalted butter
* 1 small shallot, minced
* 1/4 pound chanterelles, trimmed and coarsely chopped
* 1 tablespoon crème fraîche
* 1/2 teaspoon vegetable oil
* 4 large eggs, at room temperature

**Directions**

1. Preheat the oven to 250°. Bring a large saucepan of salted water to a boil. Prepare a bowl of ice water. Add all of the herbs to the boiling water and cook for 4 minutes. Using a slotted spoon, transfer the herbs to the ice water to cool completely. Transfer the herbs to a kitchen towel and wring dry. Transfer the herbs to a blender and add the 3/4 cup of water. Blend at high speed until pureed. Season with salt.
2. In a medium skillet, melt 1 tablespoon of the butter. Add the minced shallot and cook over moderate heat until softened, about 2 minutes. Add the chanterelles, season with salt and cook, stirring, until tender, 8 minutes. Remove from the heat, stir in the crème fraîche and keep warm.
3. In a 6- or 8-inch nonstick, ovenproof skillet, melt 1 teaspoon of the butter in the oil over moderate heat. In a small bowl, beat 1 egg with a pinch of salt until the egg foams. Add the egg to the skillet and cook over low heat until it starts to set, about 10 seconds. Transfer the skillet to the oven and cook until the egg is just set, about 1 minute. Slide the egg onto a plate and spread a rounded tablespoon of chanterelles down the center. Fold both sides of the omelet over the mushrooms and roll the omelet over to make a neat package. Spoon a little of the herb sauce alongside and serve immediately. Repeat the process 3 times with the remaining eggs, chanterelles and herb sauce, using 1 teaspoon of butter for each omelet.

**Make Ahead**

The herb sauce can be refrigerated for up to 3 days; bring to room temperature before using. The chanterelles can be refrigerated overnight; reheat gently.

**Suggested Pairing**

Eggs are difficult to pair with wine (particularly oaky whites), but the crisp acidity in Champagne makes it a wonderful pairing here.

# Chicken Chasseur

A French classic that never seems to go out of style, this dish combines mushrooms and chicken in a tomato and white wine sauce.

Chicken chasseur, literally "hunter's chicken," harks back to a time when game birds and mushrooms from the woods were a natural autumn combination. Though Italian chicken cacciatore also has the same translation, that dish's ingredients are not exactly the same — most notably, it includes bell pepper, uses red instead of white wine, and relies on a different set of herbs for flavour.

The beauty of this chicken chasseur recipe is that it comes together in one pot in less than an hour, complete with an aromatic sauce. It's sophisticated enough to serve to guests, but simple enough to prepare on a busy weeknight for a cozy meal at home. Cremini or button mushrooms will do just fine here, but feel free to swap in your favourite or use a blend.

## Directions

Gather the ingredients.

In a large, deep frying pan, heat the oil over moderately high heat. Season the chicken with 1/4 teaspoon each of the salt and pepper and add to the pan. Cook until browned, turning, about 8 minutes in all. Remove. Pour off all but 1 tablespoon fat from the pan.

Add the butter to the pan and reduce the heat to moderately low. Add the onion and cook, stirring occasionally, until translucent, about 5 minutes. Raise the heat to moderately high. Add the mushrooms, garlic, and 1/4 teaspoon of the salt. Cook, stirring frequently, until the vegetables are browned, about 5 minutes.

Add the flour and cook, stirring, for 30 seconds. Stir in the vermouth and bring back to a simmer.

Add the chicken and any accumulated juices. Reduce the heat; simmer, covered, until the chicken is done, about 10 minutes.

Stir in the parsley and the remaining 1/4 teaspoon pepper.

### Suggested pairing

This earthy dish is perfectly suited to the rustic charms of a country red wine from southwestern France. Look for a bottle from one of the various appellations in that region, such as Cahors, Madiran, or Bergerac.

## Ingredients

* 1 tablespoon cooking oil
* 4 bone-in chicken breasts (about 2 1/4 pounds in all)
* 1 teaspoon kosher salt, divided
* 1/2 teaspoon freshly ground black pepper, divided
* 1 tablespoon butter
* 1 onion, chopped
* 3/4 pound mushrooms, sliced
* 2 cloves garlic, minced
* 1 1/2 teaspoons flour
* 6 tablespoons dry vermouth or dry white wine
* 2/3 cup canned low-sodium chicken broth or homemade stock
* 1 cup canned crushed tomatoes, drained
* 1/4 teaspoon dried thyme
* 2 tablespoons chopped fresh parsley

CHEESES

## 1. Camembert

**Camembert is one of the first** cheeses we associated with France, so it's no wonder it tops the list at number one. This cheese hails from Normandy, the northwestern tip of France where plentiful rain, gentle sun, and humidity produce the nutritious grass on which the Normandy cows feed. The milk is the foundation for the famous Normandy butter, cream, and its noble cheeses Pont l'Évêque, Livarot, and Camembert (the latter achieving AOC status in 1983).

**The way to judge a Camembert** is by its shape, aroma, texture and taste. The shape should be intact and the rind covered in white mold. The interior should be creamy and supple and give slightly to the pressure of your fingers. The aroma should be slightly moldy and the taste full-bodied and salty.

## 7. Époisses de Bourgogne

**This was one of Napoleon's** favorite cheeses and he enjoyed it with his favorite Burgundy wine, Chambertin. It's a strong-smelling cheese with the aroma of *marc* (brandy) and the flavors of salt, sweet, metal, and cream. If you can find it, buy the artisanal cheese made in the village of Gevrey-Chambertin in Burgundy.

## Abondance

**The mountain cheeses from the** Haute Savoie region of the Rhone-Apes are made from breeds of cows with great French names — like the Abondance, Montbeliard, and Tarine breeds — and with strict rules surrounding how the animals must be fed. Abondance is made in Alpine chalets and has a strong aroma with a complex flavor and a balance of acidity with a long aftertaste. The crust, including the grey layer beneath should be removed before consuming.

Cheese:

<https://www.parisinsidersguide.com/10-top-cheeses-of-france.html>

wines:

**Rosé d'Anjou**

*Rosé d'Anjou* is a French appellation located in the Anjou district of the Loire Valley, more precisely in the departments Maine-et-Loire, Deux-Sèvres, and Vienne. The wines are predominantly made with native Grolleau grapes, while other permitted varieties include Cabernet Franc, Cabernet Sauvignon, Gamay, Malbec, and Pineau d'Aunis.

These clear and bright wines are subtly sweet, without being cloying, and are often praised for their perfect balance of alcohol, acidity, and sugars. They can be pale to intensely pink, while the typical aromas include tangy red fruits, but notes of bananas, candy, and rose petals are also quite common.

This rosé style is usually labeled as *Primeur* or a fruiter and fresher *Nouveau*. Both are approachable and easy-drinking, and though they make an excellent aperitif, they can also match creamy poultry or fish dishes and fruit-based desserts.

###### PAIR WITH

[Selles-sur-Cher](https://www.tasteatlas.com/selles-sur-cher)

**Juliénas**

*Juliénas* is an appellation in the Beaujolais region that produces full-bodied expressions of the Gamay grape. The wines tend to be deep ruby with powerful aromas of red and black fruit, peony, and spices. With age, nuances of spices and vanilla may become more prominent.

This robust but elegant wine is a perfect accompaniment to cold cuts, terrines, and pâtés, as well as sausages, stews, and grilled or roasted poultry and red meat.

###### PAIR WITH

[Jambon d'Ardenne](https://www.tasteatlas.com/jambon-dardenne)  [Morbier](https://www.tasteatlas.com/morbier" \t "_blank)  [Reblochon](https://www.tasteatlas.com/reblochon)  [Comté](https://www.tasteatlas.com/comte)

**Saumur-Champigny**

Located in the Loire Valley, *Saumur-Champigny* is a French appellation and the sub-region of Samur. The name is used only for the finest Saumur wines that are mainly based on Cabernet Franc, while other permitted varieties include Cabernet Sauvignon and Pineau d'Aunis.

The wines produced in the region are straightforward reds characterized by their intense ruby color and notes of red and dark berries that are complemented by nuances of violets, iris, undergrowth, and spices. These full-bodied wines have supple and well-structured tannins.

They are best enjoyed between five to ten years of vintage, and they pair well with hearty stews, lamb, sausages, and soft or aged cheese varieties.

###### PAIR WITH

[Chaource](https://www.tasteatlas.com/chaource)  [Rouelle du Tarn](https://www.tasteatlas.com/rouelle-du-tarn)  [Gouda](https://www.tasteatlas.com/gouda)