**Onion Soppes**

By Shelley Stuart

**Oyle Soppes**

(Harleian MS 4016)

Take a good quantite of onions, and myce them, not to smale, & seth them in faire water, And take them up; and then take a good quantite of stale ale, as iii galons, And there-to take a pynte of goode oyle that is fraied, and cast the onions there-to, And let al boil together a grete while, and caste there-to Saffron and salt, And then put bread, in maner of brewes, and cast the licour there-on, and serve it fort hote.

**Onion Soppes**

4 c diced onions

1 bottle ale

olive oil for frying

saffron (to taste)

salt (to taste)

Simmer diced onions in water until parboiled. Drain well. Fry in olive oil until translucent. Add beer, salt and saffron. I like saffron, so I added a generous pinch for flavor and color.

Simmer until sufficiently reduced. (I went for a slightly watery mixture that would soak into a slice of bread nicely when scooped with a nice spoonful of onion.) Serve over a slice of good bread. I made a wheat bread with a firmer texture for this example.

For a GF/wheat-free option, don't boil it down too much and serve as a soup. Be mindful of the beer used in this case as the flavor will dominate more than served as a soppe.