

Chicken Soup Avgolemono



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Cooking Time: 1 hour 20 minutes

Start to Finish Time: 1 hour 35 minutes

Preparation Time: 15 minutes

Categories: Soup/Chowder

Source: Adapted From: Greek Food About (dot) com, Smitten Kitchen, Allrecipes and Saveur

Servings: 8

Description: The most iconic of all the Greek soups. This egg and Lemon Chicken soup is awesome!

Ingredients -

3 lbs Chicken, legs, wings and thighs will do fine

8 c Chicken Stock, low sodium

2 c Greek Orzo

1 lg Onion, cut in quarters

3 Bay Leaves

1 T Peppercorns

2 t Sea Salt

Ingredients -

Avgolemono

3 lg Eggs

2 Lemons, juiced

Zest of 1 Lemon

Directions -

Place chicken in a large pot and cover with chicken stock. Add the onion, Bay leaves, peppercorns and sea salt. Bring to a boil, cover and simmer for 1 hour.

When chicken is done, strain, remove the chicken and set the chicken, onion and herbs and aside. Bring the strained stock back to a boil and add the Orzo. Cook for about 15 minutes until the orzo is soft.

If you are going to use the chicken, which is optional, shred it and put back in the pot when the orzo is cooked. Reduce the heat to low.

Directions - Avgolemono

Break the eggs into a bowl and whisk until frothy, about 10 minutes by hand or 3-4 minutes in a mixer.

In a separate bowl, squeeze the juice from the lemons and add the zest. Mix. Add to the egg mixture and whisk to blend.

Temper The Eggs! Take 2 cups of the hot broth and SLOWLY add it to the eggs, continuously mixing. If not done correctly, the eggs will curdle in the soup.

Pour the egg mixture back into the soup stirring while adding. Turn off the heat and season as necessary. Serve!