

Avgolemono
(Egg and Lemon Soup)

Ingredients:

8 cups low-sodium Chicken broth
2 cups uncooked Orzo
1 tsp salt (or to taste)
¼ tsp freshly ground black pepper
3 tbsp Cornstarch
4 large Eggs
¾ cup fresh Lemon juice (4 lemons)
6 tbsp chopped fresh flat leaf parsley (for garnish)

Method:

In a large saucepan, bring 6 cups of stock to a boil. Add orzo and cook until al dente (about 10 minutes). Add salt and pepper.

Dissolve cornstarch in ½ cup of water.

Heat remaining 2 cups of stock until hot; DO NOT BOIL.

In an electric mixer, beat eggs with whisk until fluffy; add cornstarch mixture and lemon juice.

With mixer on medium-low speed, slowly add 1 to 2 cups of the hot stock until incorporated and the mixture thickens slightly. Add any remaining stock to the orzo.

Over low heat, slowly add egg mixture to orzo, stirring constantly until thickened and creamy.

DO NOT LET IT COME TO A BOIL or eggs will curdle.

Serve immediately, garnished with the parsley.

(Serves 10)