

Avgolemono Soup



Ingredients:

3 lbs bone-in Chicken legs
8 cups Water
2 medium Onion, quartered
3 large Carrots, peeled & cut into chunks
3 Celery ribs, cut into chunks
1 to 2 Bay leaves

½ cup uncooked long grain Rice, rinsed
2 large Egg white, room temperature
5 large Egg yolks, room temperature
2 tbsp grated Lemon zest
½ cup Lemon juice
1½ tsp Salt
½ tsp Pepper
Optional: Fresh parsley, dill and oregano

Directions:

Place first 6 ingredients in a Dutch oven.
Slowly bring to a boil; reduce heat until mixture is just at a simmer.
Simmer, covered, for 1 hour.
Remove chicken; let stand until cool enough to handle.
Strain broth, discarding vegetables and bay leaves.
Reserve 1 cup broth.
Return remaining broth to a simmer.
Add rice; simmer, covered, until tender, 10-15 minutes.
Meanwhile, beat egg whites until soft peaks form.
Add egg yolks and beat until frothy, 1-2 minutes.
Slowly add lemon zest and juice; stir to combine.
Gradually add reserved broth into egg mixture & beat until well blended, 1-2 minutes.
Slowly pour egg mixture into rice mixture; stir to combine. Return soup to a simmer.
Add salt and pepper; cook and stir, continuously, until soup thickens, 8-10 minutes.
Meanwhile, remove meat from bones; discard bones and shred.
Serve soup with shredded chicken and, if desired, fresh parsley, dill, oregano and additional lemon zest.