

Avgolemono Soup

Traditional Greek Avgolemono Soup with chicken, rice, eggs and lemon. Creamy, comforting and packed with Mediterranean flavors. Perfect for cold days!

10 min

PREP

40 min

COOK

50 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 2 chicken meat
- 4 cup chicken broth
- 3 cup rice
- 3 egg
- 2 fresh lemon juice
- 1 tsp salt
- 1 tsp black pepper

Instructions

1 Cook the chicken

Pour 4 cups of chicken broth into a large pot and bring to a boil over medium-high heat. Add 2 chicken breasts and reduce heat to maintain a gentle simmer. Cook for 15-20 minutes until the internal temperature reaches 165°F (74°C) and the chicken is no longer pink inside.

- ### 2
- Remove the chicken breasts from the pot and set aside on a cutting board to cool for 5 minutes. Keep the broth simmering in the pot. Shred the cooled chicken into bite-sized pieces using two forks.

3 Cook the rice

Add 3 cups of rice to the simmering chicken broth. Cook at a gentle simmer for 15-20 minutes, stirring occasionally, until the rice is tender and has absorbed most of the liquid.

4 Make the egg-lemon mixture

Crack 3 eggs into a medium bowl and whisk vigorously until frothy and pale, about 1 minute. Squeeze 2 lemons to get about 1/4 cup of fresh lemon juice, then gradually whisk the lemon juice into the beaten eggs

until smooth.

5 **Temper the eggs**

Using a ladle, slowly pour one ladleful of the hot rice and broth mixture into the egg-lemon mixture while whisking constantly to prevent the eggs from scrambling. Add two more ladlefuls one at a time, whisking continuously after each addition.

6 **Finish the soup**

Reduce heat to low and slowly pour the tempered egg mixture back into the pot while stirring gently. Add the shredded chicken and stir to combine. Season with 1 tsp salt and 1 tsp black pepper, then taste and adjust seasoning as needed.

7 Heat the soup on low for 2-3 minutes, stirring gently, until warmed through. Do not let it boil or the eggs will curdle. Ladle into bowls and serve immediately.

Tips

Perfect Egg Tempering: The key to smooth avgolemono is gradual tempering. Add hot broth to the egg mixture one ladle at a time while whisking constantly. This slowly raises the temperature of the eggs without cooking them.

Use Room Temperature Eggs: Cold eggs are more likely to curdle when heated quickly. Take your eggs out of the refrigerator 30 minutes before cooking to bring them to room temperature.

Keep the Heat Low: Once you've added the egg mixture back to the pot, never let the soup boil. Keep it at a gentle simmer to maintain the creamy texture.

Fresh Lemon is Key: Always use freshly squeezed lemon juice for the brightest, most authentic flavor. Roll the lemons on the counter before juicing to get more juice out.

Strain for Silkiness: For an ultra-smooth soup, strain the egg-lemon mixture through a fine mesh sieve before adding it to the pot to remove any lumps.

Rice Texture Matters: Don't overcook the rice - it should be tender but still have a slight bite. Overcooked rice will make the soup gluey.

Make Fresh Broth: If possible, use homemade chicken broth or high-quality store-bought broth. The broth is the foundation of flavor in this simple soup.

Garnish Thoughtfully: Fresh dill or parsley adds color and freshness. A thin lemon slice or a drizzle of good olive oil makes an elegant finishing touch.