

# Avgolemono Soup

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

10	40	50	4	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

## Avgolemono Soup

## 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

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**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.