

From Our Hearts to Your Table: Recipes From a Greek American Family
By Dorothy Bezemes

AVGOLEMONO SOUP
(Egg and Lemon Soup)

Soup, any kind, warms the heart, but in a Greek home the smell of Avgolemono Soup says it all. It brings the family together with each one asking for a second refill. Oh, can't you just picture how humbly satisfying it is for Mom and how proud Dad is as he looks at his family. Soup is love.

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| 1 soup hen or capon | 3 or 4 fresh parsley sprigs |
| 1-1/4 cups rice or orzo | 6 eggs, beaten |
| 1 onion, sliced in half | 2/3 cup lemon juice |
| 2 ribs of celery | salt and pepper to taste |
| 2 carrots, cut in half | 1 tablespoon flour or cornstarch, optional |

Place chicken in a pot of cold water. When it comes to a boil skim off the froth until it is clear and add onion, celery, carrots, and parsley. Season with salt and pepper and cook until chicken is tender, remove and strain the broth. Reserve 10 cups and return to pan. Add the rice or orzo and cook until tender – 18 to 20 minutes.

In a bowl beat eggs well and slowly pour in the lemon juice; add hot liquid to the eggs until it is heated through and pour back into the remainder of the broth and rice. Return to stove and let simmer (do not boil) for a few minutes.

Mom's/Yiayia's Hint: To make a clear broth, when the chicken comes to a boil, skim off the froth and remove the chicken. Strain the broth and return to a clean pot, rinse the chicken and place in the broth. If broth seems to be too thin, add a tablespoon of flour to the eggs while you are beating them. This does not alter the taste, but makes it creamier.